

The Rules Revisited

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Table of Contents

Cut Him Off	8
Women Get to Play Out of Their League	10
Who Is This Girl?	11
Don't Fuck on The First Date	12
All Men Have Different Taste	14
The 10-Point Scale	16
Why Women Don't Know What Men Want	18
The Perfect Female Height	21
Men Have No Clue Why They Find A Woman Attractive	22
The Bigger The Hoops, The Bigger The Whore	23
Why Men Send Mass Messages on Internet Dating Sites	27
Don't Let Pornography Become Your Substitute	28
Why You Don't Get Approached by Men	30
The Male Sex Drive Always Recharges	32
Don't Initiate Contact	34
"The Wrong Kind of Attention"	37
How to Make Yourself Approachable	39
I Can't Believe I Forgot This One... ..	42
Why You Don't Have A Boyfriend	43
Feminine Beauty Is Highly Controllable	44
"Because Of" Versus "In Spite Of"	49
Underwear Is Important	51
The Upper Hand In Relationships	52
Ask For Feedback If A Guy Breaks Up With You	54
You Always Go To The Gym. And You Like It.	55
One Way To Improve Your Look	56
The Importance of Heels	58
"Bros Before Hos"	60
Human Energy Is Conserved	62
In Vino Veritas... Aliquanto	65
Learn How To Be Social	67
You Can Control How Attractive You Are	68
Clean Up Your Room. And Apartment. And Car... ..	72
What Every Girl's Mother Should Be Telling Her	73
Your Skin Color Matters	74
Making Him Jealous Doesn't Work	78
The Mathematics of Beauty	79
How To Ask For Feedback From A Guy	80
Hair And Makeup Variety	83
What Men Think About Your Sexual History	84
Twitter Account	86
The More Confident He Is, The Less He Likes You	87

Self-Improvement Takes Time	89
Why Rejection Is A Good Thing	90
How To Look Good During Sex	91
Posture And Attractiveness	94
Your Age And Your Attractiveness	97
Your Feedback	99
Who Pays On Dates?	100
How To Improve Your Posture	102
Don't Let a Guy Waste Your Most Eligible Years	103
What Men Think About Older Women	105
Sexy Versus Cute	107
Don't Try to Be One of The Guys	111
Don't Talk Yourself Up	113
Never Tell a Man Why He Shouldn't Want to Date You	114
Things to Avoid on Your Internet Dating Profile	116
The Importance of Hair	118
New Domain Name	120
About This Blog	121
"Because Of" Versus "In Spite Of" - Illustrated	122
How to Improve Your Hair	123
Bars Are a Good Place to Meet Guys: Part 1	127
Bars Are a Good Place to Meet Guys: Part 2	128
What You Should Know About STDs	129
Should You Focus on Your Looks or Personality More?	131
Be Careful About Wearing Large-Shouldered Tops	134
Men Don't Have Commitment Problems	136
The Analogy Between Confidence and Beauty	137
How to Deal with Men Who Have Bad "Game"	140
The Downside of Cohabitation Before Marriage	143
Men Don't Care About Your Accomplishments	144
How To Avoid Looking "Fake"	145
We Have a Shared Responsibility	148
The Female's Internal Conflict	149
You Are Responsible for Your Own Romantic Happiness	151
Why You Should Beware of Romantic Movies	152
Smoking and Dating	153
Get Used to Rejection	155
What Men Think About Being Called "Cute"	156
Know Why You Are Dating	157
"The Difference Between" and "The Difference Among"	159
Men and Sexual Variety	162
What Men Think About Your Weight	164
New Look	167
No, You Can't Be "Just Friends"	168
Katy Perry is Brainwashing Women	170

Femininity, Authenticity and Compatibility	171
Some Older Women Are Smart	173
The Big Picture	175
How to Get "The Right Kind of Attention"	176
Are You Repressing Your Femininity?	178
Should You Give a Guy Your Last Name?	180
Don't Wear Sneakers	181
How to Adapt Your Game According to Your Results	182
How to Turn a Guy Down for Sex	184
A Tool for Learning Makeup	186
How to Improve Your Posture - Part 2	187
How to Reject a Guy	188
I'm Taking Some Time Off... ..	190
Never Tell a Guy When You'll Have Sex With Him	191
The Female Mustache	192
What It Is Like to Be Rejected by Girls	194
Where Is Feminism Taking Us?	196
How to Ask Me for Advice	198
An Interesting Hair Experiment... ..	199
How to Reject a Guy at a Bar - Part 1	202
How to Reject a Guy at a Bar - Part 2	204
How to Make Any Outfit Better	206
Men Care About How You Talk	208
Texting Tip 1 - Laughter	210
Are Manicures Worth It?	212
Female Game for Girls in Their Teens	214
Why Do You Want Him Back?	217
Male Age and Attractiveness	218
What Men Think About Your Pubic Hair	219
Feedback Survey	221
Feedback Survey Results	222
Think About Where You Live and Work	227
Sex Ratio In New York City	229
Men That Like You Will Explain Themselves	230
Female Game for Girls in Their 20s	232
Living Vulnerably	235
Fifteen Red Flags in The Dating World	236
The Most Important Time to Dress Well	239
How to Deal With His Wandering Eyes	241
Why Large Earrings Are Attractive	244
Misconceptions	246
What Men Think About Your Intelligence	248
Nightlife Tip 1 - Create Space at The Bar	252
Why Men Don't Approach You During The Day	254
Texting Tip 2 - How Should You Reply?	256

The Analogy Between Sexual and Emotional Support	260
The Dynamics of Dating Shy Men	261
When Your Ex Contacts You... ..	264
How to Comment Using a Name	267
The Importance of Taking Fashion Risks	271
The Analogy Between Sex and Commitment	275
What Men Think About Valentine's Day	277
The Advantage of Dating After 30	279
Female Game for Women in Their 30s	283
Why You Can't Get the Men You Want	286
The Importance of Silence After a Break Up	289
Less Masculine = More Feminine	291
Men Don't Fall in Love the Same Way Women Do	293
Yeah, That's About Right	296
Ten Ways to Improve Your Skin	298
What Men Think About Your Virginity	301
Your Love Life Is in Trouble If... ..	303
What Men Think About Your Disability	304
What Men Think of You Without Makeup	309
Men and "Friends With Benefits"	313
Why Men "Fade Out"	315
I'm Taking a Short Break	317
Texting Tip 3 - When Should You Reply?	318
What it Is Like to Approach Women	320
Why Men Like Draped Necklaces	323
The "Three Mistake Minimum" Rule on Dates	324
No, You Aren't a Good Wing Woman	326
Why Getting Him Back Won't Help	328
Black Girls Are Easy	332
Do You Really Want Dating to Be Easier?	333
The Importance of Personal Boundaries	334
If a Man Talks to You, He Likes You	339
On Being a "Typical" Girl	340
Why Men Are Capable of Commitment	343
Update	346
How "Hard to Get" Should You Play?	347
There Is Nothing Modest About Loose Jeans	350
6 Ways Men Mask Their Indifference	353
The Economics of Sex	356
CLEO Magazine Interview	358
Stop Lying to Your Friends	364
How to Date as a Virgin	366
Advice Roundup 1	371
Advice Roundup 2	376
The Importance of Variety in Your Appearance	381

Book Announcement	383
Bars Are a Bad Place to Meet Women	385
How to Set Up Your Friends	388
Nice Guys Don't Exist	391
The Fantasy of Nightlife	393
Fat Women Look Hotter in Tight Clothes	395
"I'm Not Like Other Girls"	398
Be Patient	399
No, Your Intelligence Isn't the Problem	401
Interpreting Male Compliments	403
Book Update	405
Thoughts on "The Manosphere"	407
Your Hand Can't Hide Your Ass	411
Book Release: Beyond the Breakup	414
You Shouldn't Want a Boyfriend	418
Your PhD Is His Eight-Pack	419
Ugly Girls Don't Exist	423
Amy Young	427
The Problem with Denim and Leather	429
Older Women Can Still Be Sexy	433
Your Ex's Birthday Doesn't Matter	436

Cut Him Off

August 14, 2011 | by Andrew | [Link](#) | [Original Link](#)

For the sake of this discussion, by "breakup" I mean everything from ending a long-term relationship all the way down to going quiet after a couple dates or even just an initial communication. Of course this is not what the term means in everyday speech, but it is simpler to use it this way here than to spell it out each time I refer to that set of experiences.

If a man breaks up with you for any reason or in any manner, you should completely cut him off. End of story. There is no excuse or situation in which it would be acceptable or smart to do otherwise, any more than there are situations in which it would be best to continue to twist and bend your own arm after it's been fractured - in the hope that it might not actually be broken, or might heal itself. Once a breakup has taken place, it is irreparable by nothing other than time, distance and new experiences, the same way a broken bone can only be healed by time, rest and a cast.

I've broken up with a fairly large number of girls, and the girls that respond to the news correctly I have a huge amount of respect for – to the point that I sometimes question whether or not I should have let them go. But there are so many women that handle it horribly. I can't count the number of girls I have decided to stop contacting after dating once or twice, or sleeping with, or even just talking to on the phone, who decide it would be worthwhile to call or text me a week or two later, apparently under the false impression or hope that I had simply forgotten to get back in touch with them - that I merely needed a reminder.

In one case I slept with a girl and even hung out with her a few times before I decided I didn't want to continue seeing her. So I stopped calling her. Within a few weeks I got a text: "Headed to pacific beach, Wanna join?" I didn't want to join, so I ignored the text. The next day, I got this: "I'm in your neck of the woods J." Again, I read and acknowledged it (with a heavy dose of apathy), but did not respond. Then, again, over a month later: "Driving through your neighborhood and thought of you. Hope you are doing well J." What was this girl hoping to accomplish? Did she really think that this would suddenly rekindle my interest?

Although I acknowledge the remote possibility that girls might just be fishing for sex in these situations, the thought of a girl having to do anything other than agree to male propositions in order to get laid is far more repulsive than the idea of a woman trying to salvage an obviously failed relationship; so I refuse to consider it. It will be the subject of another post. In any case, in this situation and others, I know from the circumstances that the girl wanted more than sex. So back to the original question: did she really think that this would suddenly rekindle my interest? Even if I did have some lingering interest in talking to her, it is hugely indicative of my overriding *disinterest* in a girl that I would actually forget to contact her for an extended period of time.

Any girl with an ounce of pride would not submit to this kind of treatment by soliciting further interaction. If a man decides to break up with a girl, or that it isn't worth his time to get back in touch after a date or exchange of numbers, that is his decision. He needs to live with that, however easy or difficult the decision was for him to make. As a woman, you need to *make* him live with that. Men

should be given one chance, and one chance only. Trust me: if we are really interested in you, or are at least physically attracted to you, we will take the opportunity you provide. The act of attempting to reconnect after you've been dumped or rejected or ignored only comes across as needy and insecure, two of the least attractive qualities.

If you liked this post, you'll definitely like my book, Beyond the Breakup, which explains everything you need to know about dealing with you ex: what he's thinking, what is motivating him to stay friends with you, how to maximize your chances of getting him back - and if that doesn't happen, how to focus on your future.

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Women Get to Play Out of Their League

August 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

You won't find many girls that have had sexual partners uglier than themselves, but you'll find an endless list of guys that have – in fact, there is a contingent of men that have sex with girls less attractive than themselves almost as a rule. Because men can have sex without worrying about pregnancy, social stigma, rape, less about STDs, etc., they attempt to have sex more often. This is so obvious that it might not be worth stating, but ultimately, it means there is a deficit of women for promiscuous sexual relationships. The relatively high demand for females means that women have more and better sexual options.

Men will usually sleep with women that are between 1 and 3 points lower than themselves on a 10-point scale, which means that women are usually sleeping with men that are 1 to 3 points higher than themselves. Men may get laid more often, or at least, have sex with a larger number of partners; but women get to sleep with men of higher quality, in other words, men that are "out of their league."

I often wonder how much this affects girls' self-perception. Do women know this, and high-five each other after sleeping with guys far more attractive than themselves, realizing all the while that they will someday end up marrying a guy that is much less attractive than what they've experienced until he came along? Or are they unaware of the above-described phenomenon, and conclude that their sexual exploits accurately reflect their options for a spouse, only to be disappointed later in life?

Who Is This Girl?

August 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

"Who is this girl??" I thought as she handed me a bottle of wine. I'd only been dating her for a few weeks and we'd probably only gone out a couple times, but here she was, meeting me at the mall to go shopping, and bringing me a gift. My memory is a little vague but I don't even think we'd slept together at that point, or if so it had only been once or twice.

"My mom and I had a bottle of this the other night with dinner and really liked it. I noticed you had a few bottles of red wines at your apartment, so I brought this for you."

My jaw was basically hanging on the floor at this point. Girls never do this. In fact, I can count on one hand the number of gifts I have received from dates. I could almost feel my opinion of this girl increasing as I experienced some combination of surprise, gratefulness, flattery and – I mean this honestly – sexual arousal. Surprise because it was so unexpected. Gratefulness because I do like red wine, and it was a type she particularly enjoyed so probably it would be good. Flattery because she was demonstrating that she cared enough to think about me when we weren't together. And then sexual arousal – why? I can't entirely describe it because I have so few instances to reflect on, but I think by bringing me a gift she was being extremely nurturing and feminine, and that is incredibly sexy. It also made her stand out from other girls just because she was doing something so unheard of.

The act of gift-giving should be used sparingly. As with other demonstrations of affection or appreciation, it is only powerful because it is rare. However, it is also uncommon enough to be missed in many instances when it would be useful. It is an extremely classy, mature and sexy way of telling a guy you are into him, and therefore does not lower a girl's value by making her seem clingy, the way a random "I'm thinking of you" text would.

Finally, I think it is important that the gift be given casually, and should not be anything valuable. This adds subtlety, and helps maintain a girl's value. If I were given expensive cologne, it would seem like she was trying too hard, but a bottle of wine is perfect.

Don't Fuck on The First Date

August 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

You'd think that this one would be obvious, as hackneyed as the admonition is, but I've actually had some girls be genuinely surprised that we didn't end up in a relationship after having sex with me on the first date. This "rule" is also a good springboard for addressing the general topic of female promiscuity, which has a huge impact on female attractiveness - whether or not it "should."

This is how it works: a lot of guys are looking for someone to have a serious relationship with, but most of us have also dated girls that have ultimately turned out to be less than what we were looking for. After weeks or months of effort, the relationship ends and although both parties may walk away having learned a few lessons, the time is largely wasted. It takes dozens of these attempts to meet someone that sparks a deep and genuine interest. Given those odds, and the amount of investment required to decide if any given female could be a girlfriend, fiancé or spouse, you can imagine the cynicism most men have going into a first date (I am continually surprised that I am not *more* cynical). If you couple this consideration with the intense pleasure of sexual intercourse, there is essentially zero chance that a man will refuse sex on a first date if he has the chance: sure, she could be "the one," but statistically speaking, she probably won't be, and it definitely isn't worth turning down easy sex to find out.

Now, with that backdrop, when it comes to a potential spouse, guys don't like the idea of a sexual relationship being "easy" any more than girls. We want to know that our date, or girlfriend, or spouse is a woman who is unobtainable to most if not all of the other men in her league. We don't *want* to work for it per se, but we do want the kind of girl that guys of our caliber *need* to work for. We know that the best things in life never come easily, so if a girl let us fuck on the first date it shatters the perception that she is someone unobtainable to other men.

I completely understand and agree with the notion that women want sexual pleasure just as much as men, and I am aware that "giving it up" on the first date is not always giving it up so much as it is "getting it." If that is your goal, then of course this is a different matter altogether and you are free to do that. But understand that it will not make you desirable to men. Men can do it and maintain (or sometimes increase) their attractiveness; women cannot. I acknowledge that this is holding women and men to a different standard, but in this case it is appropriate because men and women are different in this respect.

Men are built to be sexually promiscuous – or at least, we are built so that we *can* be sexually promiscuous. There is little risk for a man when it comes to sex: he doesn't need to worry about pregnancy. Even if he is not using a condom, he can control when (and if not when, where) he ejaculates. As a last resort, he is able to walk away from the woman and leave her to deal with the pregnancy. This is a repulsive thing to do and no one denies this – probably not even the men who do it. But it can be done and it is done. Sexually transmitted diseases and infections have a significantly higher male-to-female transmission rate than they do from females to males, and the effects are worse for women than they are for men. There is also the factor of physical strength: if a woman goes to bed with a man she thinks she likes, she is far less able to then change her mind, for fear of rape. A man,

on the other hand, has no such problems: sex for him is very low-risk. The result of this fact is that, historically, men have taken the offense in all matters sexual; we are the pursuers. Because we are more sexually liberated by nature, we seek sexual relationships more frequently. Historically the active role in relationships has fallen on our shoulders, while women have assumed the passive role. This is the case elsewhere in nature as well, for the same reasons.

It is only because Western culture in recent history has emphasized the equality of the sexes that some women see this dynamic in a negative light, and get upset about a double standard. The notion that a man should protect his wife and children, or that he should not abandon a woman he impregnates, or even that he should leave the toilet seat down when females are in the house; these notions are all rooted just as deeply in sexual differences, but because they don't place a burden on females, no objections are raised. Don't get me wrong, if I were a woman I would be a little pissed off that sex was less socially acceptable for me than it is for a man. But there are balances to this phenomenon: women have far more opportunities to have sex than men, and thereby are able to have sex with higher quality partners. You won't find many girls that have had sexual partners uglier than themselves, but you'll find an endless list of guys that have – in fact, there is a contingent of men that usually only have sex with girls less attractive than themselves. This is a product of the same phenomenon: because men can have low-risk sex, women are far more in-demand for sexual relationships, and therefore have more and better options. Men may be able to get laid more often, or at least, with more partners; but women often get to sleep with men that are out of their league. It is a matter of quality versus quantity, and I think there is a lot to be said for both, to the point that I am not convinced that either one is an advantage – they are just corollaries of the same phenomenon.

A woman is judged negatively for having promiscuous sex because it takes no skill or effort on her part; all that is required is her assent. There will never be a deficit of sexually willing and attractive men from which she can select if she chooses. A man, on the other hand, has to work hard or be very lucky (or be rich, which is actually the product of the two) in order to get women of his own caliber into bed. This is because the women willing to have casual sex so are few(er) and far(ther) between. (Consider for a moment that no one respects a man who always sleeps with women that are way below his standards – everyone considers this repulsive.)

Some women will read all of this and think it is horrible and misogynist, while others will simply nod their heads in agreement. In fact, and perhaps unfortunately, which of those camps you fall into doesn't matter when it comes to the practical aspect of this phenomenon, because - opinions aside - the fact remains that men will judge you harshly for being too easy to sleep with. So the practical advice is simple: if you want a man to respect you, don't do it.

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All Men Have Different Taste

August 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

I am strongly convinced that it does more harm than good to give a compliment when it isn't deserved, or to give handouts that haven't been earned. So I wouldn't write this post if I didn't honestly believe every word of it. I am not trying to tell ugly girls that they have a chance with Gerard Butler, or suggest that fat women don't need to hit the gym and diet like their life depends on it, but I am also not interested in watching a perfectly attractive girl despair when she gets rejected or called unattractive by a guy she likes.

The fact is this: all men have different tastes, and the variety of tastes is surprisingly large. I could summarize this whole post by saying that my experience has shown the standard deviation of men's ratings of women on a 10 point scale to be $\pm 25\%$, but since most women don't like getting information in such cold and concrete terms, I will do my best to elaborate.

While every man wants a "beautiful" woman, no two men have the same idea of beauty, and the variety of taste among men will surprise most women. I am friends with some very good-looking, intelligent and accomplished guys – in other words, guys with options when it comes to selecting women. When we go out and one of us sees someone he likes, he will usually point her out to the rest of us. Invariably, we disagree about how attractive the girl is. Only rarely do two or more of us agree that she is very attractive (above an 8). More often than not, one of us thinks she is drop-dead gorgeous and the rest think she is mediocre at best. I cannot count the times I have had this conversation:

"Dude, you see that girl over there?"

"Which one, the girl in red? Yeah she is cute. I think I..."

"No, no, the one further back, in the blue dress and heels, the brunette. That girl for me is at *least* a 9. I gotta go talk to her."

"In the blue?? Dude, no way man, I'd say she's a 6 or 6.5 at best. I like her friend though."

"Alright, well that works for me, let's go talk to them, I call the blue girl."

"Haha you can have her, I got the cute friend."

We tend to think of physical attractiveness as an absolute thing. This tendency is reflected (and reinforced) by Miss Universe-type pageants and lists bearing titles like "Hottest Women of 2010," which suggest that attractiveness is highly objective. However, it clearly is not this black-and-white – any guy can tell you this after watching one of these pageants or looking at the girls on the lists; no man agrees with the rankings. The women that appeal most to any given man are those with a look that resonates with him personally, and the factors determining a man's "type" are innumerable, which leads to an extremely varied concept of feminine beauty. This is an extremely good thing for

men because it means we aren't all competing for the same women, which would mean an order of magnitude more bar fights – probably wars too. I suspect the same variety exists for women's taste in men, but I haven't asked around enough to know if this is true.

I've also found that when I agree with a friend that a girl is extremely attractive, her attractiveness tends to lose its initial effect quickly. The same thing happens all the time with music. The catchiest songs, the ones that appeal to a large number of people, are the ones that you grow tired of most quickly, while the ones that you end up listening to ten years later are the ones that were more unique to your personal taste, and took some time to appreciate.

The upshot is that a girl should not get discouraged if a specific man isn't drooling over her; there are probably other guys that will – or would, anyway, if she presented herself at her best.

It is worth noting that this variety of taste applies primarily to a girl's style, ethnicity, dress style, or complexion – most of which are interrelated in some way. It applies to a lesser degree when it comes to body type and age, but there is a surprising variety in taste there as well.

The 10-Point Scale

August 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

Most girls already know about the 10-point scale, but for those who don't, here is a brief explanation:

Men are shallow assholes and routinely judge women based entirely on their external appearance. We use a 10-point scale to rank our perception of a woman's looks, and on occasion will use it to judge her personality as well. Rarely, the two will be combined on the same 10-point scale (see below).

The lower end of the scale is a 1, and represents the ugliest girl a man has ever seen. Usually this is a woman with a combination of physical deformity and obscene obesity, but it does vary slightly depending on a man's taste. In some instances, 0 actually represents the bottom of the scale. However, but because most men actually feel some slight compunction about ranking girls this ugly, the lower end of the scale is not used very frequently and is therefore less prone to scrutiny.

A five usually represents an average girl, which is as a girl that you would be on the fence about sleeping with if you were sober, ignored your ego and any other external factors like pregnancy or STDs.

The upper end of the scale is a 10, and represents the most beautiful woman a man has ever seen. This is usually some combination of supreme physical fitness, perfect facial structure, expensive lingerie or nakedness, professional lighting and air brushing. It has been suggested that 10s do not exist in nature, though this is debated. There is also a high degree of disagreement when it comes to ranking girls at the upper end of the scale; but because the scale is mostly used to rank personal opinion this controversy is widely tolerated.

The rankings between 0, 5 and 10 are interpolated based on the benchmarks described above.

The ranking system assumes that female attractiveness follows a Normal or Gaussian Distribution. Few have tried to dispute this, since to assume otherwise would dramatically complicate the scale, and it seems to be accurate enough for its typical applications.

Normally, the minimum precision used is a half-point (0.5), since the scale is largely used for initial impressions only and these often change anyway based on proximity, make-up, clothing, lighting, inebriation, and a variety of other factors. Though there is no explicit rule against using higher precision, men who attempt (for example) to rank a girl an 8.4 instead of rounding up to 8.5 are normally laughed at or told to shut the fuck up.

Though there are some shortcomings, men continue to use the scale for a number of reasons:

1. We are analytical by nature and it allows us to quantify and communicate our gut feelings.
2. We would be mocked endlessly by our male friends if we used adjectives descriptive enough to convey our impression of a woman's appearance.
3. Most men do not possess a vocabulary large enough to use words anyway.

4. The use of words is highly prone to misinterpretation.
5. Because most men have ten fingers, the scale can be used across language barriers.
6. Girls hate it.

Example of a combined looks-personality scale:

"Who was that you were talking to?"

"Oh, just this girl that wanted to play volleyball with us. She was cool."

"Yeah, she was kinda cute too; she has a great ass, is she going to play with us?"

"I know man, it's weird, I'm not that into her looks-wise, but there was something about her that I liked."

"Haha, yeah her ass..."

"No, like, on the looks scale I'd give her a 6.5, maybe a 7, but she was really cool; I'd say her personality brings her up to an 8, maybe even an 8.5."

"Nice! I love girls like that. See if she'll come out with us tonight. Tell her to bring her friends."

"Haha yeah I am going to."

Why Women Don't Know What Men Want

August 17, 2011 | by Andrew | [Link](#) | [Original Link](#)

As human beings, we always try to project our own perceptions on those around us. We call the person driving in front of us an asshole because they are going too slowly when we are in a hurry, even though they are 10 mph over the speed limit. On another day we call the person who speeds past us an asshole because they are not content with driving the speed limit, though we are just out for a casual drive. We get pissed off because we honestly believe in that moment that the other driver is being unreasonable, which is perfectly true if they are going slowly when everyone is in as hurry, or if they are speeding when there is no need; but in neither instance does that accurately reflect the situation.

The tendency manifests itself elsewhere as well:

- We rush through explanations of ideas that we find easy to understand even if our audience is completely ignorant of them (a group of trainees at work, for example).
- We are dumbfounded by the way foreigners act, even though their actions are shocking only when considered in light of our beliefs - in light of theirs they make perfect sense.
- We find a book fascinating and recommend it to others, fully expecting them to think the same, but not realizing it was only interesting to us because of our unique experiences.
- We are less confident when we go out looking like shit because we assume everyone else thinks so too.

The list is endless.

We do this because it is efficient, even if at times it is inaccurate. We probably could afford to consider the culture of a foreign country before gasping in disbelief at the actions of their citizens; however, it is less likely that before we walk out the door for the evening we will have time to consider the variety of opinions everyone who lays eyes on us will have about our choice of clothes. Or it would be ridiculous to thoroughly interview each of the new employee we are tasked with training so that we'll know exactly what each of them has learned previously, in order to avoid skipping any nugget of new material. Sure, these things are possible, but it is simpler and usually inconsequential to simply assume you look to everyone else the way you thought you did in the mirror, or assume the things that are obvious to you are also obvious to the new hires. This is how we operate as humans. It doesn't always work but usually it gets us by - and what else are we going to do, given limited time and resources?

This same phenomenon explains why men and women are so clueless about one another and what the other wants. Because Western society has championed the idea that the sexes are equal (which I don't deny), we have also started to assume that they are the same (which I very strongly do). At least, we have allowed ourselves to get used to this idea enough that when we consider what is attractive to the opposite sex, we are far less prone to interrupt our default course of action. In other words, we are far less likely to hesitate before we project our own ideas of attractiveness onto the opposite sex. To

whatever degree we allow ourselves (or are allowed) to make this projection, we will believe that what is attractive to us must also be attractive to them. And this is where things get all fucked up.

Here is a list of things that each sex tends to think the other likes, erroneously:

Men believe that women like...

1. **Physically attractive men (pretty boys)**
2. **Nice guys**
3. **Men that have no hair on their bodies**
4. **Sensitivity**
5. **Peaceful men**

Women believe that men like...

1. **Women that are elusive or "hard to get"**
2. **Tall women (heels)**
3. **Confident women**
4. **Women who can drink liquor straight**
5. **Women with status**

Now, I realize that women do like nice guys and attractive guys, and I actually have male friends that have told me they are kind of into girls with status. Granted. Probably there are exceptions to all of the other items on the list. If there wasn't some element of truth to each item, none of them would be believable in the first place and I wouldn't be writing this. But I am sure that everyone has seen a girl throwing back a shot of whiskey to impress a group of guys, or a guy talking up the fact that he's cried in movies before because he thinks the girl listening will be into that. What is surprising is not that there are exceptions to the listed items; it is the level of importance that each sex is placing on them when they are infinitely more accurate as descriptions of *their own* sex's attractive attributes. To see this just consider the lists reversed:

Women actually like...

1. **Men that are "hard to get"**
2. **Tall men**
3. **Confident men**
4. **Men who drink liquor straight**
5. **Men with status**

Men actually like...

1. **Physically attractive women**
2. **Sweet girls**
3. **Women that have no hair on their bodies**
4. **Sensitive girls**
5. **Peaceful girls**

Men and women would be so much more successful if they tried to emulate the reversed lists. Some members of both sexes obviously get this, and do. However; a surprising number don't, and it is due to the self-projection of our own desires onto the opposite sex.

I started by saying that we always *try* to project our perceptions on others because we do retreat when strong evidence indicates that our perceptions are incorrect, or at least, inapplicable. We might retract our judgement of the "asshole slow driver" if our passenger points out that he's actually 10 mph over the limit and we can afford to be a few minutes late. Likewise, an explanation of this phenomenon applied to sexual attraction might help some women understand that (for example) men are not attracted by female elusiveness, or that it makes perfect sense for them to dump the nice guy with no balls, and date an asshole with confidence. Overcoming this misconception is a huge first step in the right direction for women who want to make themselves more attractive to men.

The Perfect Female Height

August 18, 2011 | by Andrew | [Link](#) | [Original Link](#)

The perfect height for a woman is somewhere between 5' 2" and 5' 6". Most women think this is too short, but this is only because they misunderstand what men like about women. In this range, a woman can be sexy in heels without being too tall and cute without them. Men love women with the ability to be both.

***Disclaimer:** I am 6' 2" and this is only my opinion. The important part is the last sentence.*

Men Have No Clue Why They Find A Woman Attractive

August 20, 2011 | by Andrew | [Link](#) | [Original Link](#)

All men can identify with the gut-wrenching feeling we get when we see a beautiful woman. She enters our field of vision and immediately seizes our attention. We are transfixed. It is a feeling of intense awe, intimidation, sexual arousal and impotence all at once, combined in most men with a self-hatred at their inability to attract or attain something so beautiful. It is one of the strongest desires a man will ever experience.

The feeling has often been reduced into the French expression "Je ne sais quois," though because the saying is so hackneyed I think it does little to convey the intensity of the desire. What the expression does do accurately is point out that most men have absolutely no idea what it is about a given woman that they find attractive. Considering how analytical we are, it is surprising how rarely men apply a systematic thought process to such an important element of our lives. Probably this has something to do with the fact that the most powerful examples of this desire (i.e. those easiest to understand) are also the most overwhelming; so that the typical male instinct to "figure it out" is lost in the wave of awe described above. In any case, men are usually at a loss for words in trying to decipher what exactly it is about a woman that seizes their attention.

Extreme attraction is not evoked by any woman in her natural state. It is the cumulative product of many powerful and well thought-out preening practices, which have been developed to yield the effect described above. You might even say these practices "evolved," since they are not always improved intentionally, but as their effectiveness increases in attracting men, they have a greater tendency to persist through the fads and social trends, to eventually become classics. But it is the collective effect of these things that takes a woman from average to stunning.

So here is the important point: while these ways of self-presentation are obvious to the woman using them, they are entirely incomprehensible to most men. A woman will know that she looks better because she is in heels, or because she is wearing her best colors, or because she just had her hair done. A man sees all of these things, but understands none of them. All he gets when he sees a woman is a holistic impression of her. That impression is directly controlled by the efforts she has made, and a man will be more or less attracted to her accordingly; but for him, it is still *je ne sais quois*.

This is the power of subtlety, and it shouldn't be underestimated. It is the same effect that you get when you walk into a room with a heavy atmosphere - for example, a nightclub or high-end restaurant. Every piece of that atmosphere is thought-out and tailored to give a certain effect; and that effect can be strong. Yet to the customer, the inability to comprehend each and every element that went into creating that ambiance gives it an additional sense of mystery, and that element of the unknown makes it all the more powerful.

The Bigger The Hoops, The Bigger The Whore

August 20, 2011 | by Andrew | [Link](#) | [Original Link](#)

Women that wear large hoop earrings have a reputation for being slutty. I was recently fortunate enough to be taught the expression "The bigger the hoops, the bigger the whore." Most men have not heard this aphorism before, because it is not usually featured in male-female conversation. Instead it is saved for instances when Girl A steals Girl B's man in 'da club, when Girl A is then verbally relegated by Girl B to the circle of skanks and hookers. Oh, and it's because Girl A was wearing hoop earrings.

Anyway the expression is completely false. The accusation is something akin to Man A calling Man B - who gets a lot of attention from girls - a "douchebag," when the truth is that the Man A is just jealous because he doesn't know how to attract women. Being able to attract women doesn't make a man a douche any more than hoop earrings make a woman a prostitute; plenty of men are successful with women without disrespecting them and there are countless examples of gorgeous women that wear big earrings but aren't hoe-bags. Some women that wear them might be slutty, but that is only because slutty women get one thing right - they know how to make themselves hot. It isn't because hoop earrings look bad.

But I digress. Besides giving me an opportunity to share what is now my favorite expression of all time, the point of this post was to attempt to explain why hoop earrings make a girl look good. Though first I should elaborate slightly: it isn't only hoop earrings that make a girl look good. Hoops will almost always improve a look because they are almost always large. Size is the essential element. Obviously the earrings have to match the rest of the girl's look: her face shape, the length of her neck etc.; but all else being equal, it's a case of the bigger the better. The effect is extremely subtle due to the proliferation of earrings, and especially because women (collectively) wear such a variety of sizes. Men will not know why they are an extra 5 to 10 % attracted to you when you are wearing them, but our ignorance only makes the effect all the more powerful.

(An aside: I have never seen a woman wearing large earrings and found it unattractive, or thought she would look better without them. But on numerous occasions I have seen a girl wear them for the first time, and I found her noticeably more attractive. This does not mean there is no limit to who can benefit from them; but be liberal in deciding whether or not you can pull it off.)

Although it is ostensibly the reason for this post, *why* large earrings make a woman so much more attractive is still a bit of a mystery to me - and the world at large, apparently, as I've recently learned from asking many woman about their choice of earrings, and trying all kinds of different internet searches for an explanation.

I even did an experiment of my own in an effort to rid the world of such a confounding problem. I searched the internet for pictures of women with large earrings, and removed the earrings using a photo editor. Then I compared the two pictures side-by-side to see if I could determine what it was exactly about large earrings that improved a woman's look. Here are a few examples:



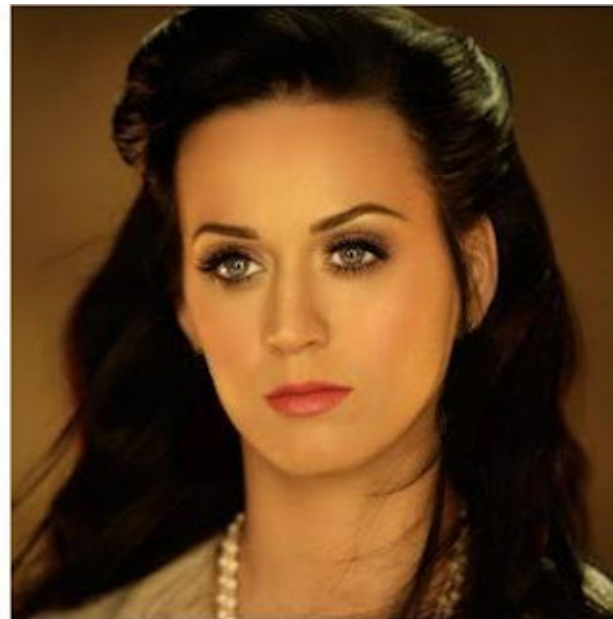
Kim Kardashian



Random Earring Model



Emmanuelle Chriqui



Katy Perry

There is no question that all of these girls look better on the left than they do on the right, but *why* is still not obvious to me. Here are the explanations I have considered:

1. The size of the earrings has a diminishing effect on the size of a woman's neck, making it look more slender and therefore sexy.
2. The low position of the earrings draw the eyes down, emphasizing the neck and collarbone - a highly feminine and sexy area of a woman's body.
3. The earrings offer balance to the face, which is otherwise dominated by the eyes, eyebrows and nose.

After looking back and forth between the photos, it was clear to me that the earrings do draw the viewer's eyes downward. This would suggest number two; however, I did a quick check by cutting the pictures off below the chin (i.e. removing the neck and collarbones) and seeing whether the earrings still made the girls look more attractive. They did. So although one and two might still be partially truthful, they are definitely not the only or the most important factors. Number three seems the most plausible based on my observations of the pictures, but I don't understand why the face needs or even benefits from this supposed "balance." And if a girl has pretty eyes (as Katy Perry does), wouldn't "balancing them out" make her less attractive?

I'm stumped. Any thoughts?

Note: In a later post, I shared an answer that seemed accurate: [Why Large Earrings Are Attractive](#)

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Why Men Send Mass Messages on Internet Dating Sites

August 20, 2011 | by Andrew | [Link](#) | [Original Link](#)

It is no news to most girls that have tried internet dating, that men often send out generic messages to large number of girls. I recently gave online dating a shot for a few months, and saw a lot of complaints about this in women's profiles. They would end their self-description with a sentence to the effect of "If you are just going to send me a generic message that is obviously being sent to multiple other girls as well, please do not expect a response! :)" I have also heard girls complain about this in person. While I understand how girls would be less than satisfied with receiving what is essentially junk mail, I also understand why men do it.

First, let me clear up what I think is a common misconception. Women tend to assume that men use mass messaging to get lots of women, in other words, that they are internet "players" and are simply using statistics to get laid. There is some truth to this. In fact I know at least one guy that sends out as many messages as possible for this reason. However, the majority of men do not start with this attitude, and a man's use of mass messaging is not a good indication that he has adopted it either.

Men send out mass messages for a very simple reason: women don't respond frequently to sincere, personalized messages. In fact they almost never respond. I would estimate that in the three months I spent internet dating, my rate of message return was less than 5 %. If you consider messaging to be successful only if it ends in a phone conversation or date, then knock that down to 0 %. And I was messaging a healthy portion of girls that I wouldn't normally consider approaching in person, only because I got no replies on the messages I sent out to girls that I would approach. (As a point of reference, I would say that I have about 60 % success with girls I approach in person; so my failure online surprised me - after all, internet dating was supposedly accessible to anyone, regardless of shyness, etc.) But while my lack of success just caused me to give up on internet dating entirely and focus my time and energy back on meeting girls in person, many men that are faced with this situation persist and simply change tactics: they write a single message, which is generic enough to apply to any girl, and send it to every girl that looks good in her pictures. If they get a response, then they read the girl's profile and decide whether or not to message her back.

Most men don't want to operate this way, but when you are spending all kinds of time reading profiles and writing a personalized messages, only to get a series of "viewed profile" notices and an empty inbox, it is time to give up or change your approach. Mass messaging might not be the right approach, but it happens for a legitimate reason.

Don't Let Pornography Become Your Substitute

August 22, 2011 | by Andrew | [Link](#) | [Original Link](#)

The use of pornography is the most addictive habit most men will ever encounter. Every man masturbates frequently when he isn't getting laid, and many do even when they are. Virtually every man uses pornography to enhance this experience - which it does, significantly. Masturbating with and without pornography is like eating steak with and without salt, or partying with and without alcohol. It makes a big difference. Porn adds enough to the experience of masturbation that it frequently can make or break a man's decision to engage in the act. A lot of people won't go out to bars or nightclubs unless they can drink, and it isn't a stretch to extend the analogy to masturbation and pornography.

While I am not completely convinced that pornography affects a man's ability to get aroused for real sex (though I suspect this is true), it has potential to do something far worse: pornography can become a substitute for real sex. Especially as video quality and accessibility continue to increase, pornography is enhancing the experience of masturbation more and more, making it increasingly possible that a man will retreat to a world of pornography-aided auto-eroticism and cease fucking his wife or girlfriend entirely. I know of at least one instance of this happening and leading to divorce. I have seen signs of it elsewhere, and given the power of the male sex drive, it makes intuitive sense. Of course, no man desires this situation; but faced with a boring sex life, or a partner that has let herself go, or some other "push" factor, a man is increasingly prone to resign himself to a life of jerking off to an endless stream of high-definition internet whores.

While the higher quality of pornography contributes to this phenomenon, it is the accessibility and safety that makes it so prevalent, and dangerous to relationships. Pornography doesn't qualify as cheating (by most definitions of the term), so it is easily justified or excused in most men's minds. More importantly, it can be accessed anonymously, used almost instantly, and covered up completely with a few clicks of the mouse. And now with high-definition video on phones, it is also portable. The sheer volume and variety of free internet pornography is so large that even the horniest man with all the time in the world would have difficulty exhausting the supply. And anyway, by the time this happens (we are talking years or decades, if it happens at all), there is likely to be some new form of pornography or auto-eroticism available to serve as an outlet for his sexual energy.

In a sense, the high availability of pornography could be painted in a good light, since it probably reduces the number of men hiring prostitutes or having affairs. After all, why take that kind of chance when you can just go on the internet for something almost as good and a hell of a lot less risky? But whether your man is knocking one out to a video on his phone in the bathroom at work, or fucking your son's 3rd grade teacher, he still isn't getting it at home anymore, so what can be done?

The obvious ways of preventing this situation are important and should be used: stay in shape for your man, surprise him with new moves in bed, communicate in the relationship, etc. But all of these take huge efforts if the predisposing conditions do not exist. A woman will not try new moves in bed, for example, if she is not comfortable with them. With this in mind, I think the largest efforts towards avoiding or diminishing the effects of pornography need to be made before or at the earliest stages of

a relationship:

1. **Choose a man with whom you are sexually compatible.** This does not just mean a man that you bend over for and let do whatever he wants to you - unless that is what you enjoy. Choose a guy that you feel comfortable with in bed. You shouldn't feel awkward doing the things he asks after the first couple times you try them.
2. **Choose a man that acknowledges the effects of pornography.** Some people will find this topic awkward to discuss, but the earlier in a relationship you bring it up, the easier it will be. The conversation can be no more than a few casual comments, but a girl should make sure she has a clear picture of her partner's opinion on the matter, and his opinion should be that porn is bad for a sexual relationship. Because it is, at least in excess, and any honest guy knows this.
3. **Choose a man that takes concrete actions to improve himself.** A guy that works out regularly, or manages a strict diet, or makes efforts to read difficult books, etc. will be far more likely to break or resist developing a pornography habit.
4. **Make sure you and your partner are having pig sex, at least occasionally.** Pig sex is unemotional fucking: dirty, sweaty, pleasure-only sex. It is a sign of a healthy sex life, and a healthy attitude towards sex in general. It should happen naturally if you get number one on this list right. If sex is too contingent on an emotional connection, you won't be able to have it, or at least enjoy it, after the initial "magic" dies, which happens in every relationship not conjured up by Hollywood.

The good news is that no self-respecting man will allow his sex life to go down without a fight. Jerking off is lame; all men know this and will be eager to participate in efforts to prevent it becoming necessary.

Why You Don't Get Approached by Men


August 25, 2011 | by Andrew | [Link](#) | [Original Link](#)

I've approached hundreds of women in bars and nightclubs. Maybe thousands. I've done it in all kinds of moods and at different stages of my life; I've done it during the day, at night, drunk, buzzed, sober, when I was bored, excited, tired, horny, single, dating, in relationships, etc.

On top of my own efforts, I've watched countless male friends, acquaintances and random dudes approach women. I've talked to them about their nerves beforehand, their mood afterwards, what they wanted to get out of the interaction and what they expected to happen. I know their reasons for approaching women, and I know my own.

Finally, I've watched plenty of men (myself included at times) give in to their nerves or the circumstance, and not approach at all. Some of these guys have done it a million times before, some are doing it for the first time, and others never have before and still can't. I've heard their excuses, and I know my own. Sometimes they are legitimate.

The following is a list of reasons why men do not approach women in bars. Note that it is not ordered by the frequency or the strength of the deterrent, but by the controllability. The color coding made the list look a lot cooler than assigning a numeric value - my apologies to the mathematicians. (I acknowledge that the controllability could be quantified and then factored into the overall rating, but appearance is too often underrated and/or neglected, so it's staying the way it is.)

Controllability (For The Girl)	Reasons Why A Man Will Not Approach You In A Bar or Nightclub*	Frequency of Occurrence (F)	Strength of Deterrent (S)	Overall Rating (C = S x F)
Completely Your Choice  Nothing You Can Do	You are too far away from him	3	1	3
	You have men with you	4	9	36
	You seem cold or unreceptive to him	3	6	18
	You are surrounded by two or more girl friends	5	6	30
	He hasn't noticed you	2	10	20
	He already has his eyes on another girl	4	4	16
	He doesn't find you attractive	6	8	48
	He is nervous and afraid you will shut him down	8	9	72
	He is out with friends and it would be rude to leave them	1	7	7
	You aren't his type	8	2	16

* This list assumes that you are in the same venue for long enough that temporary distractions or time constraints are not deterrents.

Obviously some of these rankings are variable, but I have tried to put a reasonable estimate in where that is the case. For example, which friends you are out with will definitely influence how rude it would be to leave them (I had in mind good friends you don't get to see very often), or some guys will care more about getting a girl that fits their "type" than others.

Notice how controllable some of the worst cock-blockers are. It makes good sense for women concerned with their approachability to spend most of their energy addressing (to the degree to which they are able):

- Those that have a high overall score
- Those that are highly controllable

I would like to think this list is complete, but I am more concerned with making it that way, so your comments are welcome. I am trying to focus only on the top-level stuff, so things like a girl's weight or her overt sluttiness would not cut it, because both are reasons why "He doesn't find you attractive," not reasons he doesn't approach.

The Male Sex Drive Always Recharges

September 5, 2011 | by Andrew | [Link](#) | [Original Link](#)

The male sex drive is 100% rechargeable. No matter how many times he fucks, or fucks the same girl, or masturbates, a man cannot deplete his capacity for sexual arousal, at least in the short term. While a man can, through excessive sexual activity or boredom, increase the amount of time required for his arousal to peak again after being satisfied, it will always return to its previous levels. For example, a full day of constant sex will wear most men out, and it might be another day before they want to fuck again. Might. But this kind of delay is not permanent. Before long a guy will be hornier than ever. And while a man might grow tired or accustomed to his spouse, he can only go so long before he wants to fuck her again. **In many ways, sexual appetite is like hunger for food and drink: it can be stayed but not destroyed, and it always eventually comes back, regardless of how many times it is satiated.** Imagine sex like a food that you initially love but overindulge and eventually tire of. It is true that you will be less inclined to eat it, but before long hunger will make you want to eat anything, and its attractiveness will supersede your desire for novelty.

Even in the long term, I am skeptical that the male sex drive wanes much (and if does, it is age- or health-related, not a product of over-activity). I have met too many horny old men to believe that after middle age, a man's desire to impregnate females is diminished in any significant way. I am almost entirely sure that this idea was conjured up because the thought of grandpa eye-fucking his granddaughter's friends was too unsettling to be stomachable by the general public.

A man can significantly reduce his sex drive by abstaining from sexual activity for about three weeks. I know this because I have done the infamous "thirty-day challenge" twice now, and have experienced it first hand. There is also a good deal of empirical evidence that suggests twenty-one days as the time it takes for the human brain to adjust to just about any routine (i.e. to make or break a habit). Much like the appetite for food in a person who fasts for a long time, a man's sexual appetite will shift into starvation mode after being continually denied. Although his initial desire for an orgasm will not fade much, he will be abnormally disinterested in sex once it is satisfied the first time after the three-week abstinence. This reduced libido will last until he slowly gets back into the swing of things by having orgasms more and more frequently. But even in an extreme case like this, the rebound does eventually occur, and before too long the man in question will be back wanting to fuck everything and anything.

So if your husband or long-term boyfriend gradually stops wanting to have sex with you, it does not mean he isn't horny any more or that his sex drive is starting to diminish; it means he is getting off in some other manner. Probably he is just masturbating to pornography, but the amount of self-discipline it would take for him to abstain from sexual pleasure altogether is just too great for it to be even a remote possibility without some hugely powerful force motivating him - like pride, intense shame or extreme religious conviction.

The plus side, which is the point I want to make here, is that all you need to do to keep your man sexually interested in you is to remain his one and only outlet for sexual activity; the sheer power of his sex drive and its persistent regenerative qualities will make him always want to fuck you, even if

(eventually) the frequently slows slightly. How you remain his "sole source" is the topic for another post. Right now I just want to make the point that as long as you hold that role, you do not need to worry about his sex drive slowly tapering off any more than you need to worry about his hunger for food gradually disappearing. These things simply do not happen.

Don't Initiate Contact

September 10, 2011 | by Andrew | [Link](#) | [Original Link](#)

I wrote [a similar post](#) about not initiating contact after a guy breaks up with you. This is somewhat related, but deals instead with the beginning of a relationship. The underlying principles, however, are the same...

Women are forever trying to figure out a man's intentions by reading between the lines of texts, interpreting things he said, or things he didn't. This is usually too difficult to warrant the effort it takes, but it is entirely the wrong approach for another reason: there are all kinds of men that are willing and able to lie their way into a woman's pants - yes, even yours. If you find yourself having difficulty determining a man's level of interest because "first he said X, but then he said Y," or even if you know exactly what he is saying and are sure he is interested, stop yourself. What a man says is the worst possible indicator of his interest: you need to pay attention to what he does.

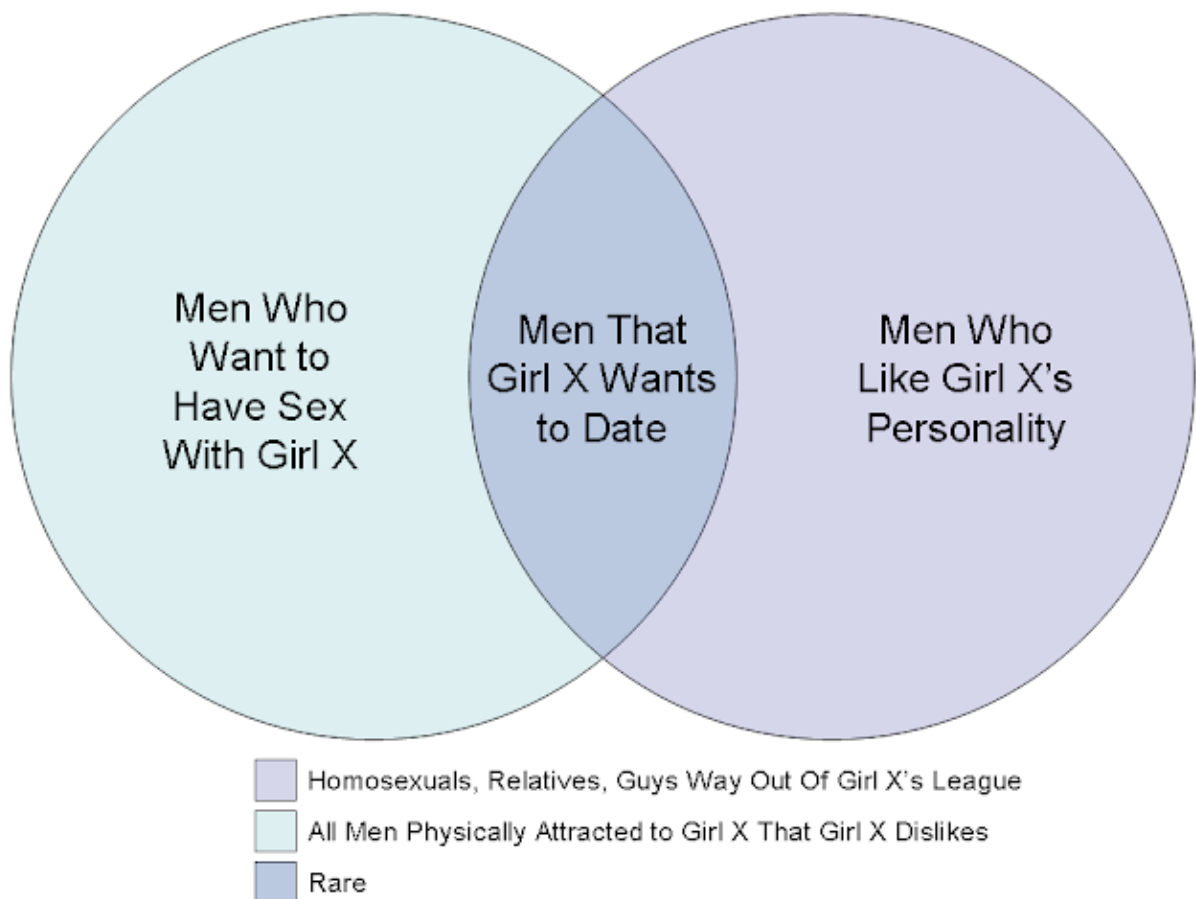
This is why it is so important for a woman to allow a man to initiate contact after an initial meeting, and even well into the relationship. I've heard a number of girls actually complain about this, apparently preferring a situation in which they wouldn't be stigmatized for chasing men, or even for taking the initiative in "small things" like the first phone call or date. (These complaints always come from women who don't get enough attention from men. If you fall into this category, I suggest you read the [other posts](#).)

If men didn't try to sleep with lots of women with no strings attached, or if women didn't want stable relationships, then it is conceivable that women could approach men. But given the undeniable preferences of the two sexes, the situation couldn't be other than what it is. Women, who, on the whole, are more interested in stable relationships, necessarily assume a defensive position against men, who (again, on the whole) are more interested in casual sex than women.

A woman's "game" can be broken down into the following three parts:

1. [Making herself as attractive as possible](#)
2. [Making herself approachable](#)
3. Filtering out the men that just want to have sex with her from the men that want to date her

While there is a lot to learn about the first part of female game (optimizing attractiveness), there is just as much to learn about the latter part (filtering). Filtering is necessary because the men that a woman wants to date are a subset of the men that want to have sex with her, and by making herself more attractive to potential boyfriends she also is making herself more attractive to all men. Because I needed to practice my skills in PowerPoint, I've illustrated this with a Venn diagram:



As most girls probably know, it can be difficult to determine which men fall into which category. And as I mentioned at the beginning of this post, if you are only paying attention to what a man says, it can be impossible. A girl interested in saving her time and emotional energy needs to be as adept as possible at discerning these types of men. And this is why it is so important for a woman not to initiate contact with a man. **When you initiate contact with a man before you know his intentions, you are denying yourself the least equivocal and therefore most important indication of his interest.** I will go as far as to say that you are denying yourself the only reliable indication of his interest.

A man might make eye contact with you from across the bar, but unless he overcomes his fear or leaves his buddies in order to approach you, he isn't into you enough. Don't approach him. A man might say he wants to see you, but unless he calls to set up a date, he doesn't care enough. Don't call or text him. A man might tell you to come and visit him, but if he cares enough, he will come to you if you suggest it.

I could give all kinds of examples, but you get the point. By making it easy for a man, you risk wasting your time and energy on someone who is only interested in having sex with you, or maybe worse, someone who will actually agree to a relationship or even marriage, only to change his mind months or years later when he realizes he wants someone he considers better. Taking the initiative is not a right that men have over women; it is (or should be) a hurdle that women place in front of men to make them prove their interest.

Disclaimer: A man will jump over a lot of hurdles to sleep with a woman that is hotter than himself,

or at least, hotter than the other girls he's slept with. The more attractive you are relative to him, the more cautious you need to be. This is complicated by the fact that it is perfectly possible for a man that is less attractive than a girl to be sexually attracted to her and interested in her as a person (i.e. not overwhelmed by her beauty so much that he doesn't consider her personality). There is a danger of losing a guy like this by putting up too many hurdles and discouraging him. My suggestion: don't play below your league.

If you liked this post, you'll definitely like my book, Beyond the Breakup, which explains everything you need to know about dealing with you ex: what he's thinking, what is motivating him to stay friends with you, how to maximize your chances of getting him back - and if that doesn't happen, how to focus on your future.

Related Posts

1. Cut Him Off
2. Don't Try to Be One of The Guys
3. You Are Responsible for Your Own Romantic Happiness

"The Wrong Kind of Attention"

September 12, 2011 | by Andrew | [Link](#) | [Original Link](#)

I grew up surrounded by families that warned their daughters against wearing clothes that attracted "the wrong kind of attention." When I was young I accepted this at face value, and understood (rightly) that these parents were trying to protect their daughters against men only interested in getting laid. It made sense to me (and still does) that the way a woman presented herself directly affected the way she was perceived - and most women didn't want just sex.

After I left home, I realized that this wasn't just a phrase used by the people around me; it was widespread. Even now, sometimes I will ask girls why they don't wear tighter clothes, or large earrings, or heels, and while they will usually make some excuse about comfort, they almost always follow it up with "and anyway, that would just attract the wrong kind of attention" - the same phrase, almost verbatim*. In any case, as I've progressed through my twenties and have gradually come to understand what it is that attracts me to a woman, I've come to realize that the notion of "the wrong kind of attention" is bullshit, for two reasons.

1. It assumes that a woman's clothing is responsible for others' perception of her sexual mores.

While there is a small grain of truth to this, it resides only in the most extreme cases (think: cheap hookers). The kind of women that would actually need to be reminded about attracting the wrong kind of attention are not the ones concerned with avoiding it. Conversely, the women actually getting warned about attracting purely sexual attention are almost always those who are in no danger of it. While this is sometimes because the girl wanting to avoid sexual attention has not been taught how to make herself sexually attractive to men, it is more frequently function of the fact that adornment and presentation are low on the list of factors indicating a girl's promiscuity. Her behavior is what matters, and girls that don't want casual sex don't usually act like whores. Here is a list of things that actually do attract the wrong kind of attention:

1. Going to bars and clubs known for casual hookups
2. Initiating contact with men
3. Fucking on the first date
4. Sleeping around (reputation)
5. Drinking too much
6. Swearing, being vulgar, etc.
7. Dressing like a cheap hooker (Note: expensive hookers dress well and should be emulated)

Dressing sexy does not tell a man you are easy. It shows a man you are beautiful, and nothing more - except maybe that you are smart and understand what men - all men - like (see below). I have seen far too many women with great bodies wearing baggy jeans or tops that don't show off their good proportions. And I have seen enough women simultaneously exude both sex appeal and class, that I have unshakable confidence in the possibility of that combination. Make it your goal.

Think of female sex appeal as the equivalent of male confidence: while arrogance (the excess) is a turn off, a healthy dose of confidence is not only acceptable, but necessary. Men who err on the

cocky side get a shot with way more genuinely good girls than the men who humble themselves and demur.

2. It ignores the fact that men looking for easy sex and men looking for something more than sex are both equally attracted by appearance.

Those warning young girls to dress conservatively ignore the fact that by doing so, a girl not only avoids attention from "bad" men, but simultaneously destroys her chances with "good" men. The good men value appearance just as much as bad men; they simply have requirements above and beyond it. If all good girls were to dress conservatively, good men might eventually lower their requirements for physical attractiveness and presentation (though this is doubtful - I would put my money on them giving up getting a good girl). But as I mentioned above, this is not the case; all good girls do not dress conservatively. There are plenty of women who are conservative in their behavior, yet still dress to maximize their physical attractiveness; and these are the women that will be getting all of the attention from the good men.

When I have daughters I will raise them to respect themselves and behave in such a way that their self-respect is evident to the men around them. I will have their mother teach them how to dress so that they look both sexy and classy, and then I will finish their instruction by telling them how to filter out men who are only interested in impregnating them and giving them STDs. I will not tell them to dress like their grandmother (or probably even their mother - fashions change quickly) because this will leave them without options, and probably make them social outcasts.

* This is interesting, because this kind of viral popularity is frequently a feature of phrases that carry more emotional or psychological value than any compelling rational content. The mantras of nationalists ("Strength Through Joy") or the rallying cries of political parties come to mind ("Country First" or "The Change We Need"). I am not surprised that this bears the same symptom.

Related Posts

1. [Sexy Versus Cute](#)
2. [How to Get "The Right Kind of Attention"](#)
3. [The Most Important Time to Dress Well](#)
4. [There Is Nothing Modest About Loose Jeans](#)

How to Make Yourself Approachable

September 13, 2011 | by Andrew | [Link](#) | [Original Link](#)

As I have indicated in [other posts](#), there are three aspects or stages of female game:

1. Making yourself as attractive as possible
2. Making yourself approachable
3. Filtering out the men that just want to have sex with you from the men that want to date you

This post obviously deals with the second item on the list, but it needs to be prefaced with an important caveat: **improving approachability is the easiest but also the least effective way of improving a female's game.** While the advice below can be helpful and it merits attention, you will be disappointed if you think it will dramatically improve your dating life. Women who do not get approached should never assume that their problem lies in this area. I have met only a few girls in my life that have actually had this problem, and usually it is accompanied by a social awkwardness that is debilitating in later stages of a relationship anyway. In any case, work on 1 and 3 before you worry about 2.

Most of these pointers are negative in nature, in other words, things you should not do. This is not a coincidence or due to the omission of the positive suggestions. It is because the nature of a woman's game (when it comes to approaching) is inherently more passive. A woman makes herself approachable by removing as many deterrents as possible.

While the best of these tips are designed to remove obstacles that make it near-impossible for a guy to approach, there are others that essentially "make it easy" for a guy. While including these goes against the spirit of [other advice](#) I've posted here, I acknowledge that the need for filtering out men with purely sexual intentions - while important to some girls - applies in proportion to the amount of attention from men a woman is getting. If you don't have that problem, the "make it easy" tips might help as much as the "make it possible" tips - but use the former wisely.

1. Don't Go Out With Men

Women surrounded by men never get approached, and in the rare event that they do, the men will usually make it difficult or impossible for the approaching male. Having men around you, regardless of their relationship with you or even their sexuality, is the single biggest game killer.

2. Don't Hang Out In A Large Group of Girls

Split up into smaller groups, ideally groups of two or three. This gives men an opportunity to meet you without having the burden of entertaining the whole group, or at least saves them the difficulty of extracting you from it. Your jealous girlfriends are experts at making this hard for him. If you are with girls that are prone to doing this, tell them ahead of time not to pull you away if you are approached.

3. Have Open Body Language

If you and your girlfriends want to meet guys, don't huddle or sit down, or turn your backs on the action. Stand side by side, or at an obtuse angle to one another. This demonstrates that you are open

to conversation. If you have a drink, hold it down, away from your chest. A drink clutched up against your body comes across defensive and unwelcoming. Try it out with your friend when you are standing next to her; as you pull your drinks down and away you will feel much more open and relaxed. Men actually do notice this, though it is subconscious. It might take some getting used to but it will pay off.

4. Don't Worry About Smiling At Him

I swear all girls must have been told at some point "if a guy you like looks at you, make sure you smile." I cannot count the number of times I have made eye contact with a girl and had her respond with what is clearly a forced and awkward smile. So here's the advice: if it doesn't come naturally, don't do it. A forced smile does nothing to improve your attractiveness, and only tells the guy that you are nervous or awkward. While a smile might encourage a guy that needs some reassurance, I guarantee that it will not make or break his decision if it isn't natural. Forced smiles are very easy to recognize, even for men. Prolonged eye contact alone should suffice (see below).

5. Make Eye Contact

This is the single most effective way of inviting a man to hit on you. Make eye contact and hold it. While this is actually a form of initiating the interaction, which I wouldn't normally suggest, it still leaves the ball mostly in his court. Give up and move on if he doesn't approach after ten seconds of collective eye contact (this could be 2 seconds in 5 different instances, for example). If he hasn't approached after that much of an invitation, he either isn't actually interested or doesn't have the balls - probably the latter if the eye contact was really ten seconds. Avoid "eye-fucking" guys, since this is too forward and definitely falls into the category of initiating.

6. Get Close

If a guy wants to hit on you, getting close enough to make it happen is usually just a matter of taking a few strides in your direction. However, in some circumstances it can be a little more difficult for him, and then it makes sense for you to get closer. For example, if he is with a group of friends it might be hard for him to get everyone to move to your area. Even if he doesn't have such hurdles, it never hurts to move closer; just avoid making it too obvious by hovering awkwardly or staying too long (I suggest staying only a few minutes, though this depends somewhat on the circumstances).

7. Don't Stay on The Dance Floor All Night

This one is pretty self-explanatory. You might feel more comfortable or have more fun dancing rather than standing around waiting for guys to talk to you, but when you are on the dance floor you are basically off limits - except to drunken, groping men. If you are a good dancer, it definitely doesn't hurt to be seen dancing. It also shows that you are fun and feminine. But while it might get you noticed or earn you some points with potential suitors, it will ultimately prevent them from approaching if you stay out there too long.

8. Have A Drink

While no one likes a sloppy drunk girl, having one or two drinks will calm your nerves, help you flirt, open your body language, and generally make you more approachable. It also demonstrates that you are easy-going and like to have fun. Just avoid getting drunk, which is unattractive.

9. Avoid Loud Places

Don't hang out in front of the speakers or at bars/clubs where you know they will have extremely loud music. I almost never approach girls in areas that would require me to shout or lean in to talk in her ear. Outdoor places are usually good in this respect.

10. Choose Your Location Wisely

Stand somewhere where men are coming and going to, other than the bathroom. Usually the best place for this is the bar, but sometimes it can be too crowded, in which case I would suggest standing towards the back of the crowd. Don't stand in a corner or away from the action, as you might not be seen. Balconies are always good because they give a man the chance to walk up beside you and comment on whatever you are overlooking. Make sure there is at least one open direction (in front of or beside you) from which he can approach.

11. Don't Leave Too Early

I've seen girls that I wanted to talk to leave the bar or club before I had the opportunity to meet them. Also, a lot of men need a couple drinks before they feel comfortable approaching girls. Assuming you don't mind being approached by a guy that needs a little help from the bottle, you need to be around when they reach that point.

12. One of the most important points, which I added later. Read it [here](#).

If you get disheartened because men are not approaching you, or if you have an initial interaction with a guy you like and then he leaves or doesn't take your number - tough luck. This is part of female game, just like approaching, being rejected and humiliated is part of a man's. When a guy gets rejected, he doesn't blame the girl; he blames himself. When I get turned down, I know that if I had been more confident or smarter, or otherwise a man of higher value, she would have been attracted to me. I make it my goal to always improve, so that next time I will walk away with her number. The same should go for you: when a guy walks away without your contact information, suck it up, figure out other ways to make yourself more attractive or personable (the other posts in this blog should help), then get back out there.

I Can't Believe I Forgot This One...

September 15, 2011 | by Andrew | [Link](#) | [Original Link](#)

So I was out tonight and not too long after I arrived at the bar, I stepped away from my friend to approach three girls standing nearby - or more accurately, I approached one cute girl who was with two unattractive friends. The friends were probably in the three to four range and the one I was interested in was somewhere near an eight. I didn't take this disparity into account when I approached, and paid too much attention to the one who was attractive, causing the other two to get jealous and cock block me, as described in [number two in the previous post](#). Clearly I was just another guy hitting on their hot friend, like every other time they go out together. They didn't like this so they cut me out of the conversation by turning their friend away from me and talking to her over what I was trying to say, ignoring me. This pissed me off to no end, since it was clearly against the cute girl's will, but I can tell when it's a case of "friends first," so I sucked up my pride and went back to my friend.

Anyway, the incident made me realize that I'd forgotten one of the most important things girls need to do to make themselves approachable, which is:

12. Don't hang out with girls that are significantly hotter than you

Obviously [every guy has different taste](#), so you can be liberal in deciding whether or not they are "hotter than you," but there are some obvious combinations to avoid - like hanging out with an eight when you are a three or four. The rule can also be extended to choosing a place to go out: don't go to places where everyone is hot if you are decidedly not in that league. It would be like a short dude hanging out in a bar full of guys over 6'4". But if you are standing next to a friend that is more than [three points hotter](#) than you, don't expect to get hit on by anyone other than a wing man.

Why You Don't Have A Boyfriend

September 16, 2011 | by Andrew | [Link](#) | [Original Link](#)

If you want to ignore this blog for the rest of your life, you can probably get everything you need from this post on [Freedom Twenty Five](#):

<http://www.freedomtwentyfive.com/?p=824>

Concise, accurate and well thought out.

Feminine Beauty Is Highly Controllable

September 21, 2011 | by Andrew | [Link](#) | [Original Link](#)

Advice abounds for women looking to score a guy, and some sources actually have solid suggestions. But while these sources tell women all kinds of strategies for being approachable or meeting new people, none of them address the most important matter: appearance. A number of the articles I've read have promising titles or sub-titles, but they qualify the initial admonition to "look good" with so many caveats and clarifications that by the end they've essentially told the reader to "be herself" - which is nothing more than a waste of her time.

The topic is avoided because women do not realize how controllable their appearance is. This is understandable, because if female beauty were not controllable, telling a woman she could attract more men if she would just improve her looks would be no more useful than suggesting a paraplegic man "just" learn how to dunk a basketball to impress women. On top of providing no worthwhile advice, it would serve as a painful reminder of her inadequacies. However, the notion that a woman's attractiveness is anything less than highly controllable is patently false.

Time and time again, I see the same thing: the women who aren't getting attention from men fall almost entirely into two categories:

1. Women that are unfit
2. Women that do not present themselves well

Hopefully you noticed something important about this list: it does not include women who have "ugly" faces, or even deformities. Obviously, natural good looks cannot be overlooked, but they are given far more credit than they deserve. It is the height of hyperbole - you might even say a myth - that women are either born attractive or not.

To drive this point home, I spent entirely too much time identifying the various components of feminine beauty and quantifying the importance of each one. The result of this effort is shown in the table below. (By clicking on the table or pie charts you can enlarge them.)

The Components of Feminine Beauty and Their Relative Importance

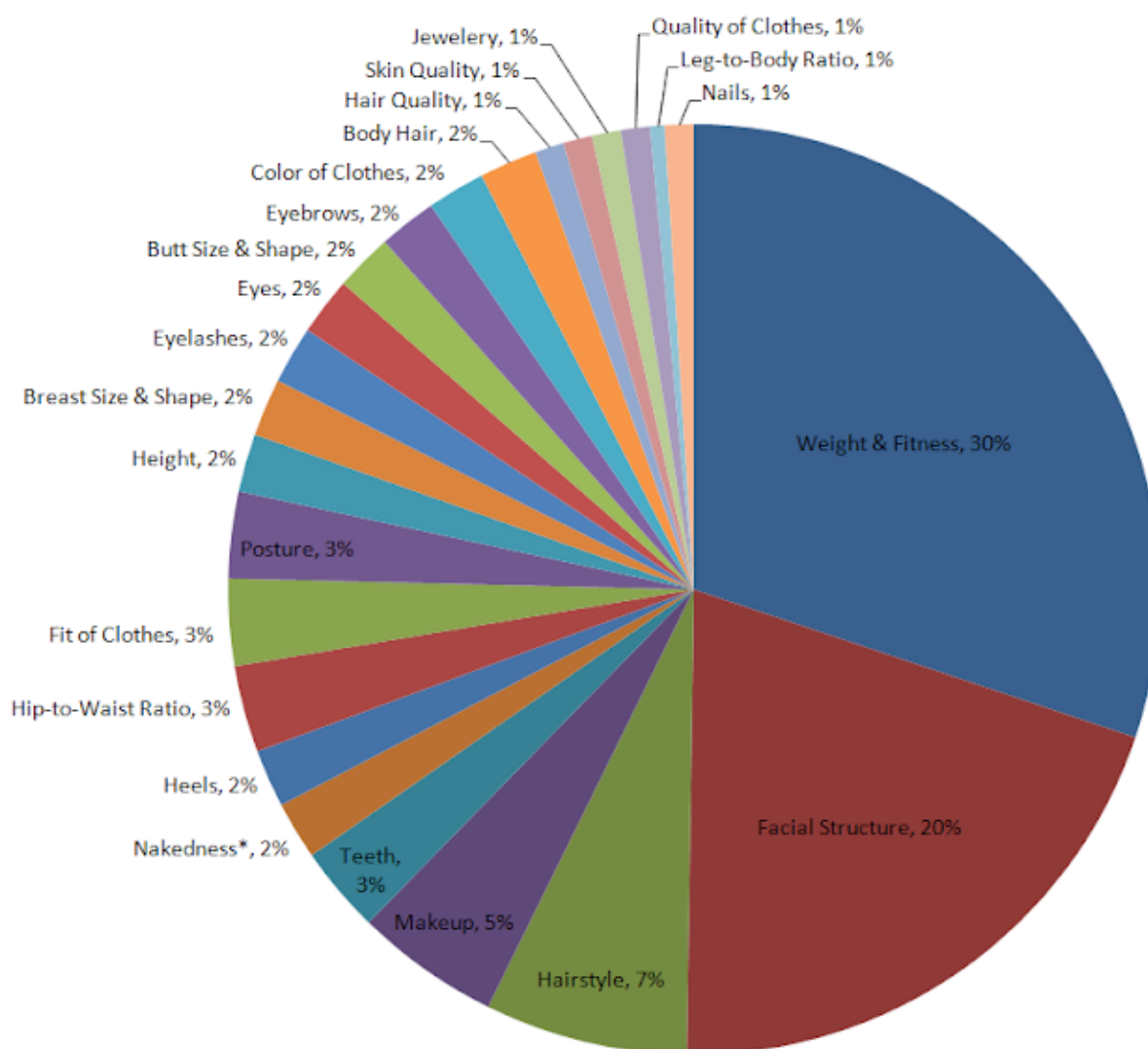
Category	Sub-Category	Importance		Controllability	Attention Deserved
Weight & Fitness	Weight & Fitness	30%	30%	85%	42%
Facial Structure	Facial Structure	20%	20%	5%	2%
Clothes	Quality of Clothes	1%	10%	50%	1%
	Color of Clothes	2%		100%	3%
	Fit of Clothes	3%		90%	4%
	Nakedness*	2%		100%	3%
	Heels	2%		100%	3%
Body Shape	Butt Size & Shape	2%	13%	20%	1%
	Breast Size & Shape	2%		35%	1%
	Hip-to-Waist Ratio	3%		10%	0%
	Posture	3%		100%	5%
	Height	2%		8%	0%
	Leg-to-Body Ratio	1%		0%	0%
Grooming	Eyebrows	2%	12%	85%	3%
	Body Hair	2%		100%	3%
	Hairstyle	7%		90%	10%
	Nails	1%		100%	2%
Cosmetics & Jewellery	Makeup	5%	6%	100%	8%
	Jewellery	1%		100%	2%
Skin, Eyes, Hair & Teeth	Teeth	3%	9%	80%	4%
	Eyes	2%		10%	0%
	Eyelashes	2%		25%	1%
	Hair Quality	1%		30%	0%
	Skin Quality	1%		50%	1%
* Bare cleavage, short skirt, etc.		Total	100%	100%	

Notes about how I generated the numbers in the table can be found [here](#).

- The '**Importance**' percentages simply indicate how much each aspect listed matters to a woman's overall appearance. They collectively add up to 100 %, so they can be literally interpreted as a percentage of overall beauty.
- The '**Controllability**' rankings indicate the amount of control a woman has over the various aspects of her appearance. 0 % represents completely uncontrollable aspects of beauty, while 100 % represents those that are completely controllable. Some items in the table are 0 % controllable to most people, but 100 % controllable to others (for example, breast size and facial structure are both alterable in extreme cases by plastic surgery). The controllability ratings for these items are a guess at the average between those extremes, based on the frequency of occurrence. Or, for example, even though a girl can't change her bone structure, 'height' is rated at a nominal 8 % because there is a small amount of controllability with the size of heels a girl chooses to wear.
- The '**Attention Deserved**' is an index that is calculated by multiplying the Importance by the Controllability, and dividing the product by the collective sum of these products. This can be

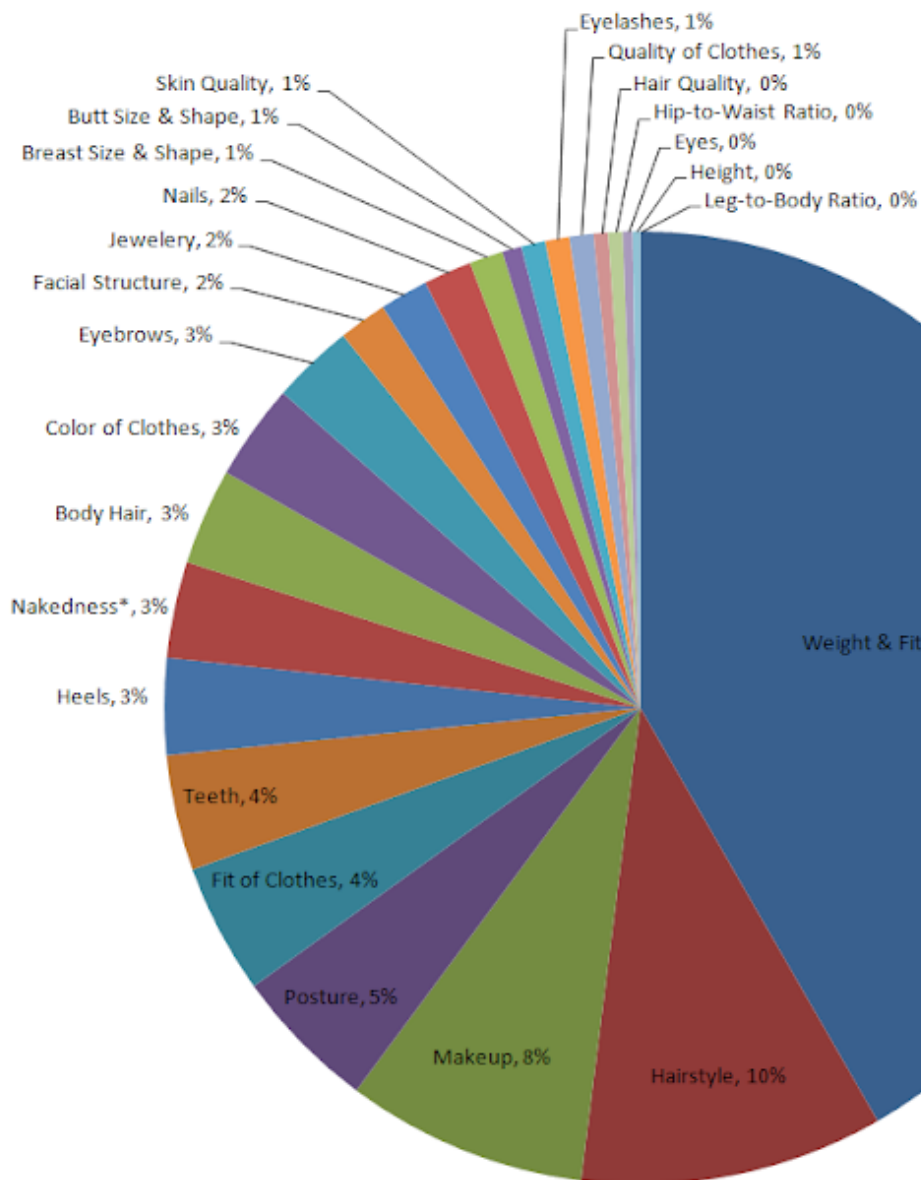
reasonably interpreted as the percentage of the total time spent on her appearance a girl should devote to each item in need of attention. So a girl that is overweight would be justified in spending 72 % of her time (that is, the time that she invests in her appearance) only on losing weight; or a girl whose clothes don't usually complement her complexion would be smart to spend 8 % of the time she invests in her appearance on shopping for clothes that work well with her look (or on earning extra money for that specific purpose). Obviously, no one is going to count the minutes or hours. The point, though, is that some things are worth spending more time on than others. Don't waste your time worrying about your eyelashes (1 %) when you are overweight (42 %) - go to the gym.

I've also put the data into a few pie charts. This is what you should care about (Importance Rating):



Components of Feminine Beauty by Importance Rating

This is what you should spend your time on (Attention Deserved):



Components of Feminine Beauty by Attention Deserved

Now, even though I have gone to rigorous ends to elicit these ratings from the recesses of my mind, obviously they are still relative to my personal taste. That being said, while men will all disagree over the minutiae of female beauty, few will disagree with the important aspects. This post should give you a solid idea of what matters to most guys, and how much.

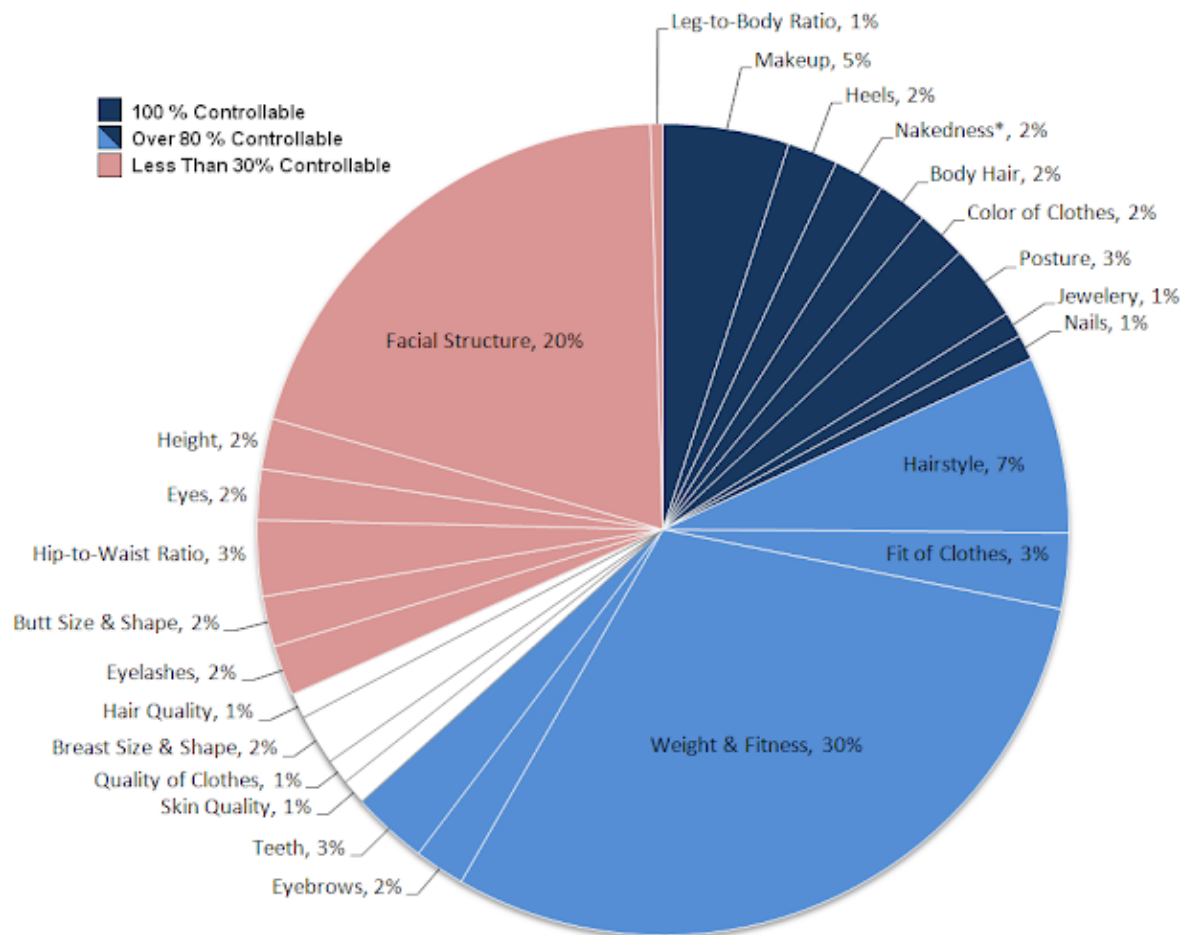
While the numbers speak for themselves, I want to highlight one main point: notice how controllable the most important aspects of female beauty are. To wit:

- 18 % of feminine beauty is more than 100 % controllable. This means that if a girl is not opting to do these things, she is missing out on 1.8 points out of ten due to ignorance or a personal decision. Included in this 18 % are simple things like wearing heels and jewelry or removing excess body hair.
- **63 % of feminine beauty is more than 80 % controllable.** This is the driving point behind this "analysis," expressed numerically. If you take nothing else away from this post, remember

this. It means that you are in control of your appearance far more than you think. It means that the time and effort you put into your appearance will produce results. Do not worry if your gut tells you otherwise; your gut is informed by beauty pageants and "100 Hottest Women" lists, and a thousand other influences that both reinforce and reflect the notion that beauty is a matter of winning the genetic gene pool - i.e. a matter of 'haves' vs. 'have-nots.' This notion is bullshit. That 63 % of beauty is at least 80 % controllable means that no girl needs to be less than a five on the ten scale ($0.80 \times 63 \% = 5.0$). If you present yourself well and get in great shape, you will be above average. And for those of you that are naturally about average, the sky's your limit.

- Only 32 % of feminine beauty is less than 30 % controllable. In other words, there is very little about your appearance that cannot be improved.

One final pie chart to summarize these three points:



Far too many women fail to recognize the leverage they have over their own appearance. This leverage translates directly into control over the ability to attract men.

For photos of women improving their appearance, check out [this post](#).

"Because Of" Versus "In Spite Of"

September 27, 2011 | by Andrew | [Link](#) | [Original Link](#)

When you are evaluating what things or changes in your life have ostensibly made you more successful with or more attractive to men, make sure you consider them in light of the distinction between "because of" and "in spite of." The difference is not very subtle, but women (and men) miss its significance constantly. Let me illustrate with a simple example:

A girl cuts her hair short, and soon after, gets attention from men. She concludes that she gets attention from men because of her short hair, when the reality is that she gets attention from men in spite of her short hair. Her shorter hair is not causing her to get more attention; it just isn't unattractive enough to turn off the men that still approached her.

Another example: a girl gets a new dress and wears it out, and gets attention from a man. She thinks "This new dress really works," concluding that he gave her attention because of her new dress, when really she was just cute enough for him to hit on even though he wasn't a huge fan of her dress - that is, he hit on her in spite of the dress.



I think one of the reasons the confusion occurs is that we (men and women) are always eager to have found one thing or another that makes a significant difference in our attractiveness, and this wishful thinking helps us ignore the distinction I've just described. However, this is not the only reason we ignore it. Men make the mistake often when they evaluate women. If I point out a girl and say "That girl's hair looks bad," one of my male friends will often respond with something like "What? No way man, I think she's hot." But when I point out that she is hot only in spite of her short hair, not because of it, the guy making the comment will usually take a second look, reflect and then agree with me. So even when our own ego is not involved, we (as humans) still make this mistake. I think the most important reason for its occurrence is that there are so many factors contributing to attractiveness that they cannot all be easily considered in isolation.

Try these suggestions instead of relying on your perceived results:

- When you are experienced enough with fashion, make your own decisions about what makes you more or less attractive.
- Get your male friends' opinions, but make sure you call their attention to the specific change

(Try "How does this shirt look on me? Would it look better if it were tighter?" not just "How do I look?"). Make sure it is a male friend that does not like you, because most men that like you will tell you what they think you want to hear.

- When it comes to clothes, remember that almost every store has a return policy. Buy it, try it on a few times, and return it later if your (male) friends don't like it.
- Do not solicit or consider opinions from your female friends, your relatives or your gay friends. All of these are strongly colored either by their inability to view you in a sexual light, or their desire to avoid offending you.
- Ignore your hair dresser's opinion or (for clothes) the salesperson's opinion. Both have too strong an interest in your acceptance of their suggestions. It does not matter how friendly they are. In fact, you would be wise to trust them less when they are friendly.

Be especially careful of the distinction between "because of" and "in spite of" when you receive attention from men you have not met before, because they have no point of reference for your attractiveness (i.e. when you wore a better dress or had longer hair).

I am not suggesting that you reject the attention you get in these cases; I am merely warning you against jumping to the conclusion that new-found attention occurs because of a change you made recently, when in fact it only happens in spite of that change.

Underwear Is Important

September 29, 2011 | by Andrew | [Link](#) | [Original Link](#)

Men are barraged by images of women in their underwear. We see them in movies, on billboards, in magazines, on the internet - all over the place. This means that we are extremely used to seeing women wearing

- (a) expensive underwear, and
- (b) matching bras and panties.

Furthermore, the women wearing all this nice, coordinated underwear are hotter than 80 % of the female population. While I honestly believe a lot of girls could actually get close to that top 20 % if they worked at it, in the meantime, you can do yourself a favor by not wearing mismatched bras and panties. Your failure to do so only highlights the differences between you and the lingerie models that have long ago pegged our standards for female beauty. And this is one difference that takes very little effort to correct, but makes a pretty big difference. You can make all kinds of excuses about not having the money to afford nice stuff, but there is no excuse for not wearing a matching set. You can get that shit at Walmart.

And one more rant: I get it that girls throw on the matching or nice stuff when they know they are going to have sex. Great. Appreciated. However, it is infinitely more impressive to have spontaneous sex with your girl and find her wearing matching (or nice) underwear, because it is all the more rare. It says she pays attention to detail and is classy.

The Upper Hand In Relationships

October 3, 2011 | by Andrew | [Link](#) | [Original Link](#)

In a [previous post](#), I made the point that before getting married, women usually get to have sex and relationships with guys that are "out of their league." This is due to the fact that men are more motivated by sexual desire and therefore lower their standards, at least until they decide to settle down.

Men have to work to improve the quality of the woman they can attract, while women need to work to maintain the quality of the man they can attract. Men are constantly trying to attract the best of the opposite sex, while women are constantly trying to stay with the best of the opposite sex. For a man, this means improving his character and appearance so that he is as attractive as possible to the women that wouldn't consider him otherwise. For women, this means improving her appearance and character so that she is as attractive as possible to the men who already want to sleep with her, but as of yet do not consider her for a relationship or marriage.

So while women usually date men that are better than the one they will end up with, men usually date women that are not as good as the one they will end up with. By "good" and "better" I am referring to the overall value of the person, which is a combination of many factors (good looks, personality, physical strength, fame, money, humor, intelligence, etc.). This rule is not absolute and is manifested in various degrees, but on the whole it is true. And more to the point here, it is the reason why women often feel that men have "the upper hand" in relationships. That feeling doesn't exist because men are dominant over women or have some kind of real advantage; it is just because men are strongly motivated by sex, and therefore get into relationships with girls they don't really care about - or at least, they get into relationships with girls who care more about them than they do about the girls, even if only by a small amount. In other words, men only have the upper hand because they have this tendency to play below their league.

"The upper hand" is usually touted as an advantage that men have over women, and in one sense this is accurate. Because men care less, they can afford to be more cavalier, knowing that the girl is more invested in the relationship and therefore more willing to tolerate behavior from him that she dislikes. But while the advantage is real in this respect, there are two important things women should know about it.

1. The man's "advantage" is one over which a woman has direct control. By [not initiating](#), or [giving it up easily](#), a woman can filter out the men that just want sex, and avoid investing too much emotional energy in dead-end relationships. This energy can instead be spent improving herself, and therefore her "league" or dating options. In fact, by the very act of acknowledging her own ([current](#)) limitations and not wishfully giving in to a man just because he is hot or rich or famous, a girl instantly and significantly increases her attractiveness. I've met a number of girls that I can tell would like to date me, but are also smart and confident enough to recognize and admit to themselves that I am not ([currently](#)) interested in dating them. These girls do not play into my attempts to have sex with them. I have a lot of respect for these girls, and respect matters when it comes time to choose a girl to get serious with.

2. The man's "advantage" isn't as great as it seems. A man's hyper-sexual mindset is not without its faults, but a couple of those faults are perhaps less obvious than the others. The first is that, while the desire for sex leads to the upper hand in relationships, and while the upper hand does bring with it a certain power, this power only exists because the man is playing below his league. A decent analogy is an 17-year-old acing the 5th grade. Sure, he gets straight A's and can dominate the little 10-year-olds in gym class, but his successes are hollow because he always knows he should be in the 12th grade. His victories serve more as a reminder that he is not reaching his potential than as a reflection of his true abilities. In other words, the upper hand - the man's supposed advantage - is necessarily accompanied by a state of perpetual dissatisfaction and a reminder of his underachievement in what is (for most men) the most important arena of his life. You can be sure he is both aware and unhappy about this, just as much as the woman is aware and unhappy of the fact that she has "the lower hand." It is a bad situation for both parties. The second negative aspect of the phenomenon is that getting a girl in your own league is a hell of a lot harder for a guy than you would think, because all of the girls in his league are busy fucking the men in the league above them, or yielding the upper hand in relationships to them.

As I said at the beginning, these are generalizations. There are obviously instances of women having the upper hand in relationships, and in these cases, since the roles are reversed, so are the effects. And as I also mentioned at the start, the phenomenon occurs in various degrees. In these cases, the effects described above occur in proportion to the discrepancy between the value or "league" of the man and woman.

(SWFJREPS9YNK)

Ask For Feedback If A Guy Breaks Up With You

October 5, 2011 | by Andrew | [Link](#) | [Original Link](#)

I dated a girl not too long ago that was clueless about how to deal with guys. She was incredibly sweet and very attractive, but not very discerning and highly emotional. Although I think she acknowledged my insufficient interest pretty early on, we stayed in touch for a little while because she wasn't fully convinced I didn't like her. As she realized more and more that we weren't going to start dating, she started confiding in me about a couple of guys that she met and went on dates with. Whether or not this was her attempt at making me jealous, I really couldn't say for sure, but I don't think it was. Anyway, I gave her advice, she largely ignored it, and before long those guys stopped talking to her. In frustration, she texted me one day - something along the lines of "OK so tell me what I did wrong with you. Apparently I need to learn a thing or two about guys, because nothing is working out for me right now."

I hesitated because I know the truth can sometimes be tough to stomach, but she insisted and seemed sincere about wanting to know. So I thought about it for a minute, then proceeded to tell her (nicely) that she shouldn't have slept with me on the first date, that she probably shouldn't have hit on me to begin with, and some of the other things she did wrong or I thought were impediments to taking things further. I should mention that this girl was not a slut, was very highly educated, and was well-off. I think she had been quite sheltered growing up and didn't have very much experience with men, so she was honestly confused about why guys were losing interest.

While we stopped talking soon after that exchange, I was extremely impressed that she asked. She walked away wiser than she was before she met me, and she had herself to thank for that, because she had the guts to ask for real criticism. She is the only girl that has ever done this with me, even though I would have constructive things to tell the vast majority of the ones that didn't. I recently applied this lesson in my own life when a girl that stopped responding to my calls and texts. She explained without hesitating, and her answer was a real eye-opener for me.

Most guys will be more than willing to give you this kind of feedback, especially if you are candid and legitimately curious when you ask (as opposed to bitter or defensive). Guys have a knack for being very clear and direct, and if they liked you enough to go on a date or two, it is unlikely that they will be mean or abrasive with their answer. If they beat around the bush or ignore you, it probably means that they decided you weren't attractive enough; but if they were willing to go on an initial date or two, there is probably something else you could improve. As long as you have the guts to ask, and the objectivity to consider his answer, you can learn a lot from this kind of feedback.

You Always Go To The Gym. And You Like It.

October 8, 2011 | by Andrew | [Link](#) | [Original Link](#)

Next time you are talking to a guy that you want to make a good impression on, do not mention anything about your infrequent gym attendance. Especially early in a relationship (first date, etc.), this is a great way to inspire his disinterest.

When working out or the gym comes up during a conversation with a girl I am attracted to, you can be sure that I am pay close attention to two things:

1. How often she works out
2. Why she works out

The reason for this is simple: I want to know that after I marry a girl, she will stay in shape, and I know that no woman can stay in shape without frequent exercise. While it isn't impossible for a woman to develop or improve her workout habits after marriage, I prefer to be conservative (read: cynical) in my expectations. I assume that if she isn't working out regularly now, she won't start. In fact, I take it a step further, because the truth is that even if she is working out now, she is likely to stop. I know that one of the primary drives for any young woman's workout habits is her desire to attract her future husband. Once "future" is out of the equation, I know that her gym membership will only remain active if she actually *enjoys* being fit. So I want to know that a girl is staying in shape for her own benefit and well-being, not just to get a husband. This is the kind of girl that will maintain her figure throughout a marriage, and stay healthy.

Not realizing my scrupulous attention to their comments, girls have told me on numerous occasions "I hate going to the gym" or "I try to go every other day, but I can never get motivated enough." What I hear in these cases is "I will be fat within 10 years." And while I do not rule them out completely for comments like this, they are using up virtually all of their leeway in one short statement.

On the other end of the spectrum, there have been a few girls that - again, probably not realizing how closely I was paying attention - have told me things like "I am addicted to working out. I actually get sort of depressed when I skip a day, it's bad..." or if I catch them on the phone right after their workout "I feel awesome right now, my arms are so sore" as I hear them blending a protein shake in the background. These are the kinds of girls that men with options are looking for.

So while you are *actually* fostering your workout habits, remember that as far as your conversations with attractive men are concerned: you always go to the gym, and you like it.

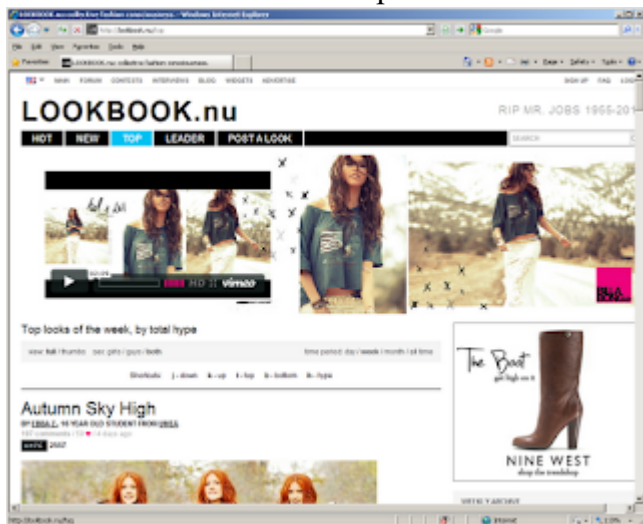
One Way To Improve Your Look

October 9, 2011 | by Andrew | [Link](#) | [Original Link](#)

I am working on a couple posts about female appearance, and while doing some online research for them I came across this website:

<http://lookbook.nu/>

In the creators' own words, Lookbook is "a utility that allows members to document their evolving style & a collective gallery from which 'lookbookers' and non-members can draw daily fashion inspiration." Basically, it is a website where anyone interested in fashion and dressing well can create a profile and post photos of themselves in various outfits. The viewers can rank the images, or "looks," and there are lists of the highest ranked pictures, and in some cases, information about the clothes that are worn in the photos.



The feature of the site that I found most interesting, however, is one that I think could be infinitely useful to any girl trying to define or improve her personal look: the site suggests other users with a look similar to the one you are currently viewing, so that if you find a girl with a style you like, you can follow the suggestions to see more examples of the one that peaked your interest. By viewing many variants of your favorite look, you can more easily identify the elements that create it, and then duplicate them yourself. Whereas without this site you would only get to see instances of a given look rarely and by chance, now you can seek out many of them in a single location.

The other good thing about this site is that it gives you the opportunity to compare the same person in different outfits, and see what works and what doesn't. The observant user can learn some important lessons about fit, color and style just from browsing the galleries.

A word of warning though: a healthy portion of the people that go to the trouble of posting on sites like this are more interested in dressing fashionably than they are concerned with looking good. (No, the two do not always overlap, because female fashion trends are controlled by women and gay men.) Because there is no filter on what gets uploaded, trusting this site blindly is like trusting [Wikipedia](#) blindly - it isn't recommended, and you should always get a second opinion. But

also like Wikipedia, the open format brings in far more useful information than any closed format ever could, and that enables the site to exist. Anyway, you will see a lot of weird bullshit along with the good stuff. As you browse, just remember that classics become classics for a reason.

The Importance of Heels

October 11, 2011 | by Andrew | [Link](#) | [Original Link](#)

Heels are the single most powerful item in a woman's wardrobe for improving her attractiveness to men. I routinely recognize this when I go to nightclubs, where almost all of the girls are wearing them. I also notice it at work, where some of the women occasionally wear them, and I find myself suddenly taking a second look (normally I wouldn't look once, as they have about 20 years on me and need to work out). While having a general knowledge of clothing fit and color (for example) matters more, it is not a single item than can be put on or removed with the same simplicity of heels. Heels require no instructions. Most women understand the effectiveness of heels to a degree, but too few realize why and how well they work, and therefore have trouble using them to their full potential.



Some women believe that heels are effective because they make a woman's calves look good, and although this isn't entirely wrong, it falls short of the truth. The majority of women think heels are attractive because they make a women taller. But men are not attracted to women because they are

tall. This may make a girl look imposing or powerful, but any student of the most basic aspects of sociology knows that men are not attracted to power (women are attracted to power). Men are attracted to sexual pleasure and fertility, so it should not be surprising that the potency of heels lies in their ability to make a woman look sexual, even if only mildly so.

When a woman wears heels, it points her toes down in a more graceful manner, makes her butt stick out, and pushes out her chest. Most importantly, it arches her back, which emphasizes her feminine curves, and is an unequivocal sign of intense sexual pleasure. Look through the ads in magazines like *Cosmopolitan* or *Maxim* if you are skeptical. In many of them (and all of them intending to display sexuality), the women are posed in such a way that they resemble at least one of the postures I've described. All of these are strongly attractive to a man, but they are also very subtle, which makes them all the more effective. Most men have no idea why a woman looks better to them in heels; they just feel it in their gut. Ask them. You'll probably get a shrug and something like "because they make you taller?"

For the taller women out there, yes, you are at a slight disadvantage. Despite how much heels improve your posture, I recommend you not wear them very often if they make you more than one inch taller than most of the men you want to attract. Find your other strengths and do what you can to highlight them (for example, height probably means you have long legs, so work them out a lot and make sure you are showing them off).

For all of the other women out there, and especially those of you who are short or the perfect female height, wear them frequently, and be liberal about deciding when they are appropriate. Just like a man that comes dressed well to a casual event, a woman stands out when she wears heels at a dive bar or in the grocery store.

"Bros Before Hos"

October 12, 2011 | by Andrew | [Link](#) | [Original Link](#)

Men place a high value their male friendships. While the following scenarios may not be representative of every man's attitude towards his male friends, they are certainly representative of a large portion of them, and they may very well explain why the guy you have a crush on isn't making a move.

1. "Bros Before Hos"

Situation: Guy A likes you. He is a decent guy, and when asks you out, you decide to give him a chance. You go on a couple dates, but eventually you realize he isn't quite your type and you relegate him to the friends zone. You can tell he is disappointed but there is never an explicit "break up" since there was never a real relationship, just a couple dates. Before long you are hanging out as friends, in larger groups, and eventually meet his friend, Guy B. Guy B is attractive, and even flirts with you, but never makes a move. Maybe he is a little more overt with his affection when he is drunk, or flirts more with you when Guy A isn't around, but the status quo always returns and you get discouraged and confused.

Explanation: Guy B likes you - maybe even a lot - but he isn't making any advances because it would be humiliating to Guy A if his friend ended up with the girl that he wanted but couldn't have. While he wants to be with you, he places more value on a long-term friendship with Guy B than he does on a potential girlfriend - however much he thinks he likes you at first glance. In a guy's world, the two relationships are mutually exclusive.

2. "Most Guys Won't Cross Swords"

Situation: You got drunk at a party/bar and slept with Guy A. The next week you are out with a similar group of friends, but Guy A doesn't come out because he is away for the week. Guy B, however, does show up. He was also there last week and is actually much hotter than Guy A, but had a girl with him last time and wasn't paying attention to you. This week he flirts with you a lot but doesn't ask for your number or respond to your strong sexual advances. You go home alone, feeling insulted.

Explanation: Guy B wants to bang you, but he was there last week when Guy A told his buddies about having sex with you. Not only is Guy B kinda creeped out by the thought of his junk touching the same vagina as his friend's, but you slept with his buddy first, so he feels like he is second best if he hooks up with you now, after his friend.

(NB - For some reason, enlisted military guys do not care about this. They will actually fuck you at the same time - maybe even touch dicks in the process - without a second thought.)

3. "He Pointed You Out First"

Situation: You are in a bar having a beer with your girlfriend when Guy A and Guy B approach the two of you. They are both cool, but Guy A is hitting on your friend while Guy B is talking to you. This is a problem because not only do you think Guy A is hotter, but you know that your friend actually prefers Guy B, so in your minds, things are completely mixed up. Although you try a couple times to change the conversation so that you can chat with Guy A, the guys eventually bring it back. You end up giving your number to Guy B when he asks, and Guy A takes your friend's number. It's great that you met them, but you wish the pairing had been the other way around.

Explanation: Guy A and Guy B saw you and your friend from across the bar. Guy B pointed you out to Guy A, and suggested that they go together to say what's up to you. Guy A had actually seen you two at just about the same time as Guy B, and was more attracted to you than he was to your friend. In fact, he probably would have hit on you himself if he'd seen you a minute earlier; but because Guy B already had his hopes up about meeting you, Guy A encouraged Guy B, and played wingman with your friend (he asked for her number in front of you so that you would be more receptive about giving yours to his friend). Since the guys' initial conversation established who was going after whom, they both actively fought to maintain the conversation pairing when you attempted to change it. While Guy A sacrificed an opportunity to get a date with a cute girl (you), it was more important to him that he support his friend, who pointed you out first.

Human Energy Is Conserved

October 19, 2011 | by Andrew | [Link](#) | [Original Link](#)

Every person has a limited amount of time and energy, as well as the ability to choose how to spend it. At every moment of our conscious lives, we are making decisions about how to invest our time and effort - how to spend our "human energy." We do this either explicitly, by consciously making a decision to change the course of our action, or else implicitly, by not choosing to change the course of our action. For example, right now I can either choose to continue typing this post, or decide that it is not worth my time and instead go read a book or work out. Likewise, I can choose at anytime (explicitly) to quit my job and move to a new city, or else (implicitly, i.e. by not making that choice), to continue in my current employment and residence. Obviously there are influences swaying our decisions, making one path simpler or another more difficult; but in light of those factors, the decision is always ours to make.

While it is certainly possible to spend your time and effort poorly, or inefficiently, let's ignore that possibility for a moment and first consider two people - two girls - that both spend their time and effort well, but differently. Girl A learns at an early age that her beauty and presentation matter, and out of the 60 hours a week she has free from school and sleep, puts ten hours into improving her look, while the rest goes to other typical activities. Girl B, on the other hand, is taught at an early age that her intelligence and education matter. She takes this to heart, and out of the same 60 hours a week, spends ten on homework and reading (over and above what Girl A and other typical students spend on homework and reading). The rest she puts towards other activities just like Girl A. So we have two girls, the same in all respects, except in their decision about how to spend those ten hours each week. Assume also that they are about the same in their natural intelligence and appearance.

You can be sure that by the time the girls reach the age of 18, Girl A will be getting a lot more attention from guys, while Girl B will be a lot smarter. You can also be sure that Girl B will probably be a failure with men, while Girl A will probably be stupid. Now, contrast them both with Girl C, who (*ceteris paribus*) spends those ten hours being lazy. I don't mean that she literally sits down and does nothing for ten hours a week, but those hours are distributed among the same daily tasks that the other girls do, because Girl C chooses to do them slowly, or she has to repeat them because she does them poorly. You can be almost sure that when she turns 18 she will be both a failure with men *and* stupid.

While I am sure you have your opinion about who is making the "right choice," that opinion is mostly immaterial to the point I am trying to make, which is that every person who spends their time efficiently has something to show for it. This is true in general - not just for women, and not just in terms of beauty and intelligence. For example, Guy A decided to spend his time practicing golf and is now semi-pro, while Guy B fostered his musical talent and started a successful band - or even Guy C, who has spent all of his free time just hanging out with his friends. While he doesn't have a talent in the traditional sense to show for it, he has strong friendships and will have good memories.

I think all of us recognize this phenomenon to one extent or another, intuitively. It was confirmed in my mind recently while driving past a small church in a tiny Italian village with my coworker. Sitting

on a bench in front of the old church wall were several old men, in sweaters, caps and tweed jackets, just hanging out and talking among themselves. When we drove back past that same church a few hours later on our return trip, the same men were sitting there as if only a few minutes had passed. And from the nonchalance of their collective demeanor, it was clear that this was a typical occurrence, probably even something they did daily. I snapped this photo as we passed the second time:



The scene made me think that it is a shame that men in America don't do the same thing. It is incredibly rare to see old men with friendships so strong that they look forward to simply sitting together in the afternoons, talking and watching the world go by. If we, as a culture, set aside the time to do that each day, think how much stronger our social lives would be.

But then I immediately wondered "why *don't* we do that?" The answer was obvious: we don't do that because we don't have the time for it. That is, we don't choose to make the time for it. We spend it instead on enterprise or personal fitness. We work longer hours, get more accomplished, get to the gym and are probably in better shape. The Italians (and I don't think this is restricted to men) might have stronger relationships, but look at their economy - it is a mess; and it is a mess because they've chosen to sacrifice the hours that could be spent on industry or commerce on sitting outside the church each afternoon, or on longer (arguably better) meals, or (clearly better) fashion.

Again, my point is not to praise or criticize the Italians, or the Americans. The point is that different investments of human energy produce different results. Like all forms of energy, human energy is conserved. As long as it is spent efficiently, you will have something to show for it, even if what you have to show is not the most obvious thing in the world. The Italians have strong social fabric, great food and beautiful people; we as Americans have a strong economy and great achievements in sports and technology. Guy A is winning a big golf tournament this weekend, Guy B is about to release his first record and Guy C will have a huge attendance at his funeral and an amazing photo album. Each person has something different to show for their efforts.

So back to Girl A and Girl B. I suspect many of the girls reading this blog are closer to Girl B than A, which (partially) explains the emphasis I've placed on appearance in some posts. Your intelligence

does not mean you are "deeper" or "better" than Girl A. Nor is Girl A better than you because she is hotter, or has perfect hair, or a great figure. It just means that while you were hitting the books, she was hitting the gym. In fact, the best investment of time and energy for a woman is one that cultivates intelligence *and* appearance, among a number of other life skills. If you actually are Girl B then you better get to the gym and the mall immediately and learn what "fit" means (for your clothes and your body). And if you actually are Girl A, you better spend some time at the library, learn how to stop saying "like" all the time and start thinking before you speak - and and get curious about life. (If you are Girl C, just give up, because you... oh, never mind, you already have.)

But perhaps more importantly, and at the risk of sounding really gay, the implication is that everyone has something to offer. As long as you haven't been sitting on your ass or living a repetitious life, or keeping yourself in a vacuum, your time and effort have yielded some form of knowledge, personality, or skills that are attractive to at least some men. I am not saying that some investments aren't more likely to score you a higher percentage of guys than others; but whatever your choices have been in life, you have something to show for it if you haven't been lazy. Learn how to make that "something" more evident to the men that will value it, or else convert it into something that the men you want *will* value. Then re-focus your energy on the areas of your life you've neglected while you've been spending so much of it elsewhere.

In Vino Veritas... Aliquanto

October 21, 2011 | by Andrew | [Link](#) | [Original Link](#)

Most guys behave differently after consuming alcohol, and this often leads to situations in which a woman is left trying to decipher her crush's words or actions through the facade of its effects - not always an easy task, but as I will explain, not one worth completely abandoning either. Whenever a man you are interested in interacts with you (i.e. whether he is drunk or sober), he reveals information about himself, even if it is only that he is perpetuating the status quo of the relationship by not giving you any different information. A drunken interaction with a guy you like is no exception; you just need to understand the limitations of what you can learn from it.

Most people are familiar with the Latin expression "in vino veritas," which means "in wine lies the truth." There are a lot of dumb sayings out there, but this is not one of them. With a few negligible exceptions, a man's actions when he is drunk do accurately reflect his true feelings and intentions. This is because his drunkenness relieves his inhibitions, making him more capable of behaving according to his impulses and natural inclinations. However, from an attracted girl's perspective, this honesty carries with it an ambiguity, because in addition to relieving a man's internal inhibitions, alcohol also relieves his external inhibitions; and there is almost no way to judge which one is driving (or, more accurately, allowing) his words and actions. By internal inhibitions I mean those that come from within, i.e. ones that are a product of his personal weaknesses - fear of embarrassment or lack of self-confidence. By external inhibitions I mean those that come from the expectations of society, such as the pressure to date high-quality women, to not sleep with a girl you don't want to date, or avoid sleep sleeping with your female coworker for fear of upsetting your professional relationship at work. Both types go by the wayside when drunkenness sets in.

The loss of both of these types of inhibitions leave a man's natural impulses unchecked, and you can be sure he will start to act on them in proportion to his level of drunkenness. The ambiguity is introduced by the fact that a guy's sincere feelings might just as well be "I have a crush on that girl and want to date her," as they could be "I want to fuck that girl tonight and tonight only." In the light of drunkenness, however, the behavior resulting from both sets of feelings is one and the same: he flirts with you or gives you more attention. So the distinction between these two attitudes is not what you should be looking for when you try to interpret his drunken actions. You need to wait for a clearer data point to make this kind of judgement.

But as I suggested at the start of this post, this ambiguity does not mean no useful information can be gained from a guy's drunken advances. And this is because there is yet another external inhibition that is ignored by drunken men, namely, the concern that "I should be nice to this girl and talk to her even though I don't want to have sex with her or date her." Your clue comes entirely from his dismissal of this inhibition as he drinks. While you may not be able to determine whether or not his advances are purely sexual when he flirts with you, you *can* at least rule out the possibility that he has no interest in you. If he weren't at least sexually interested, you can be sure he would be off chasing other girls, rather than being "tied down" by the social obligation to be nice, or even just social.

So next time the guy you likes makes a drunken advance, don't stress out trying to decipher the

implications. Instead, acknowledge that it means he is at least sexually interested in you, and wait for your next (sober) data point.

Learn How To Be Social

October 28, 2011 | by Andrew | [Link](#) | [Original Link](#)

Flirting and being personable will definitely and significantly increase your chances with guys. While you need to rely mainly on your appearance to get a guy to approach you, your personality shoulders a sizeable portion of the responsibility for keeping him interested once he has. It matters even more for establishing a relationship, and more still for maintaining a relationship.

However, before you can learn how to flirt and be personable, you need to learn how to be social. Unless you are social, your attempts at making the intricate adjustments needed to turn a typical conversation into a flirty one, or to show off your personality, will be drowned out by the difficulty of simply participating in the conversation. This difficulty is normally caused by self-consciousness, which in turn is caused by being unused to the situations in which it occurs. Luckily, there is a solution to this problem.

If you are shy, becoming outgoing (i.e. overcoming your self-consciousness in social situations) is not an easy task, and you need to approach it accordingly. You wouldn't train for a marathon by running a full 26 miles on your first day, so neither should you try to jump into a conversation with an attractive guy and assume that you will immediately be able to transfix his attention. Instead you need to break the task into smaller steps, just like you would when training for a marathon: at first you would just run until you were tired, in order to gage your stamina and decide how to lay out your training program. Then you would gradually increase your distance until you were strong enough to run the whole race.

You need to do something similar to overcome shyness. First, find out where your nerves start, that is, where your self-consciousness sets in. Some girls only get nervous when they are talking to really attractive guys, while others get nervous talking to any guy at all. Maybe you get nervous only when you talk to guys you've never met before - or maybe you get nervous even when you talk to girls you've never met before. Wherever your nerves start, that is where you need to make your first step towards becoming more social. And the key is to make that first step a small one, one you can manage.

So, for example, if you start to get self-conscious or shy about talking to strangers, make it a goal to talk to three strangers a day. If that is too daunting a task, step it back a notch and just make a point of merely saying hello to three strangers a day, or maybe just one a day. Once you get comfortable (and I won't pretend this will happen overnight) with interacting with strangers, move on to growing comfortable interacting with guys. Put yourself in situations where you will talk to guys you don't know, even if it is just while you are checking out at a store.

Continue to take small steps, each time setting your next goal by gaging and re-gaging your comfort zone as you become more and more social. Eventually, you will stop worrying about being in the interaction, and start worrying about how to change the tone of the interactions. This is when you can start thinking about learning how to flirt and be more personable.

You Can Control How Attractive You Are

October 31, 2011 | by Andrew | [Link](#) | [Original Link](#)

I already have [a fairly lengthy post making this point](#), but I am not convinced I made it strongly enough. I want to present it again in another medium, namely, photos.

Example one:



Notice the difference between Scarlett Johansson's attractiveness in the two photos above. The contrast is impressive. On the left, where she is dressed the way many American college girls dress for their morning classes, I'd say she is about 5, and I am probably padding that number just because I know she is a celebrity and can look the way she does on the right, where she is close to a 10. The only uncontrollable element of Scarlett Johansson's attractiveness between the two photos is the lighting, which counts for very little. Same girl, different level of attention paid to her appearance, dramatically different result.

It is true, of course, that Scarlett Johansson has professionals working with her to help her look this good. However, I could not disagree more that cosmetologists make a difference in excess of what any girl can do for herself, assuming she is willing to invest the time and effort to learn how. And I don't think the amount of time or effort required is as large as you might think. Cosmetologists are professionals only because they know how to make any woman attractive. They know the principles and are experts at applying them quickly for a variety of people. But you only need to become an expert on one person - yourself - and this is significantly easier.

Here is another example, less extreme but still telling:



On the left, Jenna Fischer is about a 5, maybe a 5.5. On the right, she is a 7.5. The difference is in her hair, posture, makeup and the color of her clothes. If she wore better clothes still I think she could get up to an 8.5, but she rarely does, judging from the photos I could find online.

Another example:



On the left, Carrie Underwood is a solid 7. On the right, she is a 9.5. In this case, the discrepancy has a lot to do with wearing her best colors getting the right amount of contrast, her hair, eyebrow shape and the hoop earrings. I'd argue that Carrie Underwood has maximized her attractiveness in the right photo. Nakedness, heels and lingerie might bump it up a notch, but otherwise she is playing all the right cards.

Here is a non-celebrity example:



I don't know who the girl is, but on the left, she is about a 3. On the right, I'd say she is a 5. In this case, most of the change comes from hair length (yes, she is probably wearing extensions, but eventually she could grow it), plucked eyebrows, better clothes and a little makeup. By losing weight, spending more time on her hair and choosing her clothes even more carefully, she has potential to be a 7 maybe even an 8. You wouldn't believe this by looking at the photo on the left, but it is much more obvious once the improvements have been started.

Here is Kate Gosselin:



Left: 2; center: 4; right: 7.5. That is an overall increase of 5.5 points, largely accounted for by hair length, clothes and most importantly, weight loss (apparently a tummy tuck too, but she did have sextuplets... I call it fair). I don't know if she could look much better, but she'd done a damn good job leveraging what she has to work with.

If you want to see more examples, try using the term "makeover before and after" in an image search, or search for pictures of celebrities without makeup. You might argue that all of the women above have pretty faces, so they all have some initial potential to be attractive. There is some truth to this, namely, that they have the potential to be *more* attractive; but it does not mean that a girl with an asymmetric face, enormous nose or irreparably crooked teeth is doomed to be ugly. I've seen

pretty girls that match all of those descriptions. True, a girl like this probably can't become as attractive as Carrie Underwood, or maybe even Kate Gosselin. However, the ability to improve her look is still there; she will just have to focus on the other aspects of feminine beauty to make that improvement, and there are many to choose from. The main reason I didn't put up photos to demonstrate this is that I couldn't find any. Most of the "before-and-after" photos on the internet are of famous people, and most famous people have attractive faces. But consider Lady Gaga or Paris Hilton: neither of them have pretty faces, but both of them (can) look attractive. Also, consider this woman:



Although she actually has a decent facial structure, a lot of people would say that she has an ugly face if they only saw the left photo. But on the right, when the same face is presented well, it is clear that the problem is not facial structure, but rather, presentation. So be careful about assuming you have a bad face. Most likely you do not, and even even if you do, there is still a lot you can do to improve your look.

Anyway, the ultimate point, again, is that no one has to be ugly. By making an effort, you can drastically improve your appearance and attractiveness, and in many instances, girls can transition from "ugly" to attractive. And while you may think you have optimized your own look, it is unlikely that you have. Think carefully about your weight, the color and cut of your clothes, your hair style, grooming, makeup, posture, etc. All of these things can make a huge difference, and can be leveraged to increase you attractiveness.

Clean Up Your Room. And Apartment. And Car...

November 1, 2011 | by Andrew | [Link](#) | [Original Link](#)

One time I went back to a girl's studio apartment after going out with some of our mutual friends. I'd met her that night, and was pretty attracted to her until we got to her place: it was filthy. The bathroom was disgusting, her clothes were everywhere, the bed wasn't made and it was poorly decorated. As I stepped through the door and saw the mess, I subconsciously but immediately relegated her to the zone of "girls to bang but not date."

Contrast this with one of my ex-girlfriends, who always kept her place nice. She didn't always have the most expensive stuff, but she put thought into the way it was decorated, took care of her things, and created a living environment that I actually enjoyed being in more than my own. Every time I was there my experience was all the more positive because of the efforts she had made. I couldn't help but associate those positive feelings with her, since I always had them in her presence. On more than one occasion I consciously considered the fact that if we were to ever get married, I would be able to live in that kind of environment for the rest of my life. And while something like that would never make or break my decision to marry a girl, I know that those kinds of background influences play into our gut feelings about a person much more than we usually realize.

Some men can put up with disorganization and uncleanness more than others, and I would be remiss to hide the fact that I am much closer to the intolerant end of that scale than most. However, consider this for a moment: you won't turn any guy off by being neat, but you will definitely turn off some by being a slob. So play it safe: clean up your shit, paint an accent wall in your place, hang some framed pictures and take the seven pairs of heels out of your car's back seat - it could make a big difference on your next date.

What Every Girl's Mother Should Be Telling Her

November 13, 2011 | by Andrew | [Link](#) | [Original Link](#)

I've been traveling and busy with other parts of my life recently, hence the shortage of posts. There are plenty more in the works, but for now, I highly recommend that you check out [Hooking Up Smart](#), and specifically, a recent post that coalesces two strong pieces of advice for any girl looking for a lasting relationship:

<http://www.hookingupsmart.com/2011/11/10/hookinguprealities/rooshs-brotherly-advice/>

If you've read it before, do the world a favor by forwarding it to your sisters and girlfriends, because the odds are that no one else will pass along that information if you don't. It could conceivably change their lives.

Your Skin Color Matters

November 17, 2011 | by Andrew | [Link](#) | [Original Link](#)

If you want to make yourself more attractive, you need to focus on three things when you are choosing your clothes: style, fit, and color. The need for a suitable style is obvious to most people - your clothes should reflect or magnify your personality. Simple enough. The need for the right fit *should* be obvious, but it is apparently less so to many women (and men). Too many people don't wear clothes that flatter their figure. However, color is the most misunderstood and neglected of the three, and it is arguably the most important.

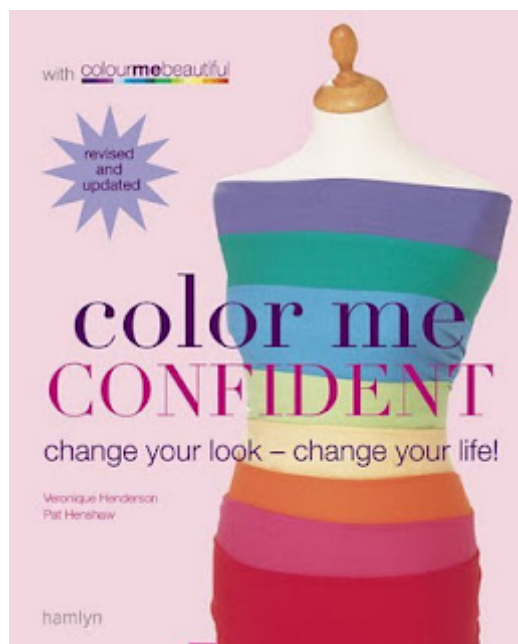
In the same way that your clothes need to work with your shape and personality, they also need to compliment your color, or more specifically, your complexion, which is the combined appearance of your skin tone, eye color and hair color. Have you ever noticed how Latin and Mediterranean women almost always look amazing in red and black? or how middle eastern women look far better in the deeper shades of most colors (navies, olives, maroons, etc. as opposed to blues, greens and reds)? If so, you've noticed the effect of color working well with complexion. This effect has been studied, broken down, and rebuilt into a science for more than 100 years by students of fashion and cosmetology.

Here are a couple examples. Note how Courtney Cox and Katherine Heigl look better on the left, where they are shown wearing colors that work well with their complexion. The effect is subtle but it is strong.





If until now you've chosen colors based on something you saw a friend wear, or colors you "just like," there is a good chance you look bad in them. Men notice this, even if only subconsciously. If you haven't taken the time to learn what colors make you look best, you are throwing away potential attractiveness, and therefore undercutting your chances with men. I've observed in many instances that a woman is far more radiant and attractive due to her choice of a color that magnifies her natural beauty. The effect is significant.



I won't tell you how to choose your best colors, because there are other resources that can tell you far

more than I. My main goal is to simply to convince you that color matters. But I can point you in the direction of a couple of those resources...

The best book I've found for women about color is called Color Me Confident. I bought a few different ones for men and women, and this one blew the others away (as did its counterpart for men). I like it because it uses modern celebrities as examples, does a good job of explaining the categories it uses to group complexions, and also has sections about the fit of clothes and makeup as well.

This book could reliably be your only resource. However, I have one other suggestion. Find a female celebrity that has your complexion (including eye color, which makes a lot more difference than you'd think) and spend some time looking at images of her on the internet, paying close attention to the colors she wears. Try the following: do an image search for her name and a color, and scan the results. Pay attention to how many instances there are of her in that color. Just as importantly, pay attention to what *doesn't* come up when you do these searches - i.e. the colors for which you cannot find many instances. Take Penelope Cruz for example. Click on each of the following image search links and notice how the results show whether or not the respective color (and what shade) works for her, based on the collection of images that appear in the search results:

Penelope Cruz Red

Tons of instances of her wearing red, and she looks smoking hot in it (Latin women...)

Penelope Cruz Blue

Plenty of instances of her wearing blue, but notice how in most it is navy rather than a lighter shade

Penelope Cruz Orange

Basically just one orange dress, and notice how it is a burnt orange rather than bright

There are also a ton of websites out there that either describe how to choose colors that work for you, or else offer online (or in-person) consultations. There are some good videos on YouTube as well. While searching for some of the pictures above I bumped into a few good blogs, which have a lot of examples of color done well, as well as explanations of the theory. Take a look:

<http://seasonalcoloranalysis.blogspot.com/>

<http://12blueprints.com/>

<http://www.prettiyyourworld.com/>

While it should only take an hour or so to learn the principles and figure out what are your best colors, it can take much longer to implement them in your wardrobe. It won't be easy to overcome some of your misconceptions. Someone may have told you once that pink was your color (for example), and you've worn it ever since, convinced by the confidence of their compliment that it made you look good. But their statement may very well have been wrong, in part or completely - even if you thought they knew what they were talking about when it came to fashion. Maybe they just wanted to make you feel good. Treat every color (or color combination) as suspect until you know it really does work on you. Be prepared to throw some of your clothes away.

I know these things because I paid no attention to my own color for years, and my appearance suffered because of it. Sometimes I would put on a shirt and recognize that it looked good on me, but I would never know why. Frankly, I never really wondered - I was just content that it did look good.

And when I finally learned about the need to address my complexion and learn what looked best on me, I started to realize why those shirts had looked good. In fact, my memory of those instances eventually served as examples in figuring out which complexion I had and what would work well with it.

So if you aren't up to speed on your color, go buy the book, do some research online, and hit the mall. Men notice, and it will make a difference.

Making Him Jealous Doesn't Work

November 28, 2011 | by Andrew | [Link](#) | [Original Link](#)

I've remained friends with some girls that I've slept with - partially because I like them and partially because they aren't smart enough or motivated enough to cut me off. On a number of occasions these girls have attempted to use me to make the new guy that they like jealous. Normally this involves them taking pictures with me (in which they get abnormally close so that the dude thinks I like her) and then posting them on Facebook. It has also involved them asking me to show up with them where they know the guy that they like will be, or else flirting with me in front of him when we are out. Besides being somewhat pathetic, this strategy is also ineffective.

If I see a girl flirting with another guy, I will respond in one of three ways, depending on how interested in her I am:

1. **If I am really interested in her**, I will either be disappointed and give up, or ignore what I saw and give it my best shot with her later on (depending on how convinced I am that I can trump the guy she is flirting with).
2. **If I am kind of interested in her, but not completely**, I won't care.
3. **If I am not interested in her**, I won't notice.

A lot of women get insanely jealous when a guy they like is showing interest in another girl. This partially explains why they think it will work on men. However, even men get somewhat jealous when a girl that they like is giving attention to another guy - so it isn't purely a female phenomenon. Here is the thing: if you are in a situation in which you feel the need to make a guy like you more - that is, a situation in which he isn't showing as much interest as you'd like, or he is out of your league - then there is zero chance that he will respond to your attempts at making him jealous. The jealousy you feel when he shows interest to other girls is facilitated by your desire for him; it cannot exist (and much less, be created) in a situation in which you like him more than he likes you.

The Mathematics of Beauty

November 28, 2011 | by Andrew | [Link](#) | [Original Link](#)

The other day I was reading the [blog for OKCupid.com](#) (which is extremely interesting by the way, I highly recommend it) and came across a study that, based on a large data set, concluded a point I made in [a post about male taste and female attractiveness](#). While I won't pretend that I am being humble about the affirmation, I still think it is worthwhile noting it here, in case there were any cynics:

[OKCupid Blog](#)

“The more men
as a group
disagree about a
woman's looks,
the more they
end up liking
her.”

[The Rules Revisited](#)

“The women that appeal most to any
given man are those with a look that
resonates with him personally, and the
factors determining a man's ‘type’ are
innumerable, which leads to an
extremely varied concept of feminine
beauty.”

Sounds pretty comparable. For those of you that didn't read the original post on here, the implication is that you shouldn't be concerned if a particular guy seems more interested in your seemingly better-looking friend, or even if a guy makes an unfavorable comment about your looks, because other men you are interested in may very well consider you beautiful. While there are limits to this phenomenon (e.g. a two on a particular guy's [ten point scale](#) is essentially ugly to everyone), there is a surprising variance in male opinion when it comes to [feminine attractiveness](#).

Anyway, check out the OKCupid article, it's a good read. Here is the link:

<http://blog.okcupid.com/index.php/the-mathematics-of-beauty/>

How To Ask For Feedback From A Guy

December 1, 2011 | by Andrew | [Link](#) | [Original Link](#)

In another post I advocated asking for feedback from a guy that breaks up with you. Here is how to go about doing it and what to say:

DISCLAIMER: This approach only works with men that have already demonstrated some degree of a *sincere* interest in you - guys that have shown good will towards you by taking you out, sharing a real conversation, being genuinely affectionate, etc. A guy that you had a one night stand with does not count. A guy that flirts with you all the time, was texting with you a bunch but then stopped and never took you out does not count. A guy that you only meet up with in bars or clubs does not count. You can only expect an honest answer from a guy that has already demonstrated honesty towards you in some form or another.

Wait long enough to make sure he isn't going to pursue you anymore. This will vary depending on the relationship, so you will have to gauge it yourself. There isn't a magic number of days or weeks after you hear from him last. In fact, you may even still be in touch with him regularly if you haven't made him initiate contact or haven't cut him off yet. You just need to be honest with yourself. This is most easily done by thinking: "if he was acting towards my friend the way he is acting towards me now, would I think he'd stopped pursuing her?" If the answer is yes, you're good to proceed.

Contact him. Yes, this is technically "initiating contact," but it is OK when you have already given up on the idea of a relationship with him (so make sure you really have - go back and repeat the step above if needed). The best methods of contacting him are as follows:

1. Text - This avoids awkwardness and allows you to lead him into the conversation gradually. See below. Also gives him time to think about what he will say.
2. Internet Chat - Basically the same as texting. Good for the same reasons.
3. E-mail - Use e-mail only if he is a conscientious/polite guy and you know he will answer, since e-mails are very easily ignored. If he will answer, e-mail has the advantage that it allows him time to really reflect.
4. Phone - Not a great option since he is likely to avoid your call or give you hasty answers. Not recommended.
5. In-Person - It is almost certain that you won't be able to get him to invest the time it would take for this (though it is a little more likely after long-term relationships). It is also awkward for both parties and forces rushed and therefore inaccurate responses. Not recommended.

I will assume for the rest of these points that you are using text, chat or e-mail. If the latter, you need to condense this "conversation" into written paragraphs. Try to keep it short, but make sure you convey the main points that I lay out below, with the exception of the lead-in.

Lead him into the conversation. Although guys will ultimately be willing to give you advice if you really want it, they will be extremely hesitant until you assure them that it is important to you and that you can handle whatever you tell them, no matter how harsh. Otherwise they will be worried about

offending you. If it's been a while since you've been in touch, you will also need to make sure he realizes that this isn't an attempt to get another date or re-initiate contact for relationship purposes. So you need to start with a message that (a) gets his attention and (b) communicates your openness. Prefacing a question by asking permission always indicates gravity and raises intrigue. So I see the conversation going something like this:

YOU: "Hey, can I ask you something?"

[If you don't get an answer try following up with "It quick, but important." Quick is the key word here.]

HIM: "Hey, yeah OK, what's up?"

YOU: "I'd like to get an outsider's view of what I am doing wrong with guys. I know its a weird thing to ask, but I feel like you would be pretty objective." [Note: not "your view" and not "what I did wrong with you"]

HIM: [probably no response, but if he gives you a negative answer, continue anyway with the following...]

YOU: "I need someone to be really honest with me. It's probably about time I heard it. You seem like a safe learning experience."

YOU: "And I swear I can take it. I only want the complete truth."

[Then you should throw out at least one example of something he would be unwilling to tell you for fear of crushing your ego. This will make him more comfortable with being honest, though it assumes that you are ready to accept whatever he throws out there.]

YOU: "Do I need to work out more? Maybe lighten up a little bit?"

HIM: [At this point he should give you some kind of response. Probably it will be positive. If you get nothing or a negative answer, be persistent: reiterate your need for the advice and that you can handle whatever he tells you.]

Encourage the conversation. If he gives you only one reason, try to elicit more with comments like "was there anything else?" followed by suggestions that you suspect may have influenced his decision, as well as a couple you don't. For example "are you sure I wasn't looking as good as than the night you met me?" or "was I too serious for a first date?" or "is it because I am not young enough?"

Don't belabor any single point. You really just need an overview, so don't try to dig for too much detail. Once you get the general idea of what he didn't like, move on. For example, if he says you weren't dressed well or wore too much makeup, don't ask what look he would have preferred or what would have been the perfect amount.

Don't object to anything. By asking for his unabashed advice, you are in no position to argue. And really, you shouldn't want to - you are merely collecting facts about his opinion. You can process them later. And while I would dissuade you from dismissing any of them, it won't get you anywhere to convince *him* that they aren't true.

Push past Mr. Nice Guy. If he starts giving you the typical bullshit about "we just didn't click" or "I didn't feel chemistry" it is only because he is not convinced you can handle an honest answer. So respond to those comments with reassurance that you *can* handle it, and tell him that you need concrete responses. Try this:

HIM: "I don't know, I just didn't feel it."

YOU: "Mike, I am not saying my feelings won't be hurt, but I need to hear the truth so that I can improve. I need to know the concrete things that were off. There must have been something."

[and if that doesn't work]

"Even if a lack of chemistry was the underlying reason, can you tell me some other way I could improve? I know I am not perfect." [Then throw in a few "tough" examples like you did at the outset, and assume that his answer is the real truth, not "chemistry" - because it is. Chemistry is just the cumulative effect of many small things; it isn't magic.]

Give him time to think about it. If he is still hesitating, and you've tried reassuring him that you can handle it, ask if he'd like some time to think about it. Be persistent about following up. Ask him if he needs "a few days," and then get in touch again in a few days.

Hair And Makeup Variety

December 5, 2011 | by Andrew | [Link](#) | [Original Link](#)

This post used to link to a blog in which a girl had posted photos of herself everyday for a few years. The photos illustrated how much her hair and makeup could change her attractiveness. However, the girl asked me to remove the photos, since she decided to remove her project from the internet.

What Men Think About Your Sexual History

December 18, 2011 | by Andrew | [Link](#) | [Original Link](#)

No guy wants to date a whore. No guy likes the fact that his girlfriend (or potential girlfriend) has slept with a lot of other guys. Most guys want women who are sexually comfortable and have some experience, but the same men simultaneously prefer a woman who hasn't been sexually intimate with other men. Consider an excerpt from the post [Don't Fuck On the First Date](#):

...when it comes to a potential spouse, guys don't like the idea of a sexual relationship being "easy" any more than girls. We want to know that our date, or girlfriend, or spouse is a woman who is unobtainable to most if not all of the other men in her league. We don't want to work for it per se, but we do want the kind of girl that guys of our caliber need to work for. We know that the best things in life never come easily, so if a girl let us have sex with her on the first date, it shatters the perception that she is someone unobtainable to other men.

The reality, of course, is that it is extremely rare to find a woman who is (a) a virgin, but also (b) open-minded in bed, confident with her naked body, knows what a guy likes in bed, etc. For better or worse, the latter qualities are the product of experience, and therefore preclude the former as a real possibility. Men know this, and are therefore willing to accept some degree of a girl's sexual history in exchange for some degree of her experience: we actually prefer a girl that has had sex with X number of guys because it means she will have A, B, and C qualities in bed.

The idea trade-off will be different for every guy, but the extremes - wanting a virgin or a whore - are rare enough that they aren't worth striving for - at least not if you want to attract a typical American guy. If you want a very religious man, he will probably prefer a virgin and you should plan accordingly; and there are even guys out there that will actually prefer a girl whose legs have been perpetually open. **The thing to remember is that your typical American man wants a girl with some experience, but less than most girls in her demographic.** So when it comes to choosing how many men to sleep with, always lag what is deemed "acceptable."

While I don't claim that my taste in women is representative of the average American (I do think it is reasonably close), I can tell you that my preference is a girl who has had sex with between 2 and 6 guys. Ideally, one of these would have been a drunken one-night stand, and another would be with a guy that took her on a few dates, had sex with her, and then bailed (so that she would have these experiences to better understand men - even if only to pass the lesson on to our daughters if we were to marry). The rest would hopefully have been men that she was dating seriously. Remember, these sexual encounters are good in spite of not because of what they imply about the girl (i.e. because of the lessons learned and experience). And remember that this is only my preference; the bolded sentence above is the generalized truth.

Now, all of this being said, there are a few interesting things to note:

1. Promiscuous men will be lenient in their expectations. You may have encountered men who claim to have sex with lots of women, but in their next breath demand virginity from girls they will

actually respect. This attitude is not the norm. Most guys project their own standards onto women, in the same way that women project their own standards onto men. While a guy who has slept with 30 women won't *prefer* the same number from the girls he dates, he will identify and empathize with her decision to sleep around, and will therefore not mind as much.

2. You can't change your number, but you can change your attitude. Men know that although being a whore is more or less defined by how promiscuous a girl has been, what really makes being a whore troublesome (STDs aside) is the attitude that accompanies it. This is the attitude that says "I don't place any value on my physical or emotional health" and/or "I am insecure and need to be shown frequent affection from men, or constantly prove to myself how attractive they find me." This attitude can be changed. If you are reading this and are getting worried that the kind of guys you want will be disgusted by the number of guys you've slept with, you probably have the necessary motivation.

3. Don't tell him how many guys you've slept with. Some guys will ask and others won't, for various reasons ranging from interest to insecurity. If he asks, I suggest you leave him in the dark. If your number is low, tell him it is "low," but don't give him a number. If it is high, just don't tell him. It does no good whatsoever to share this kind of information, aside from being slightly more open with him - but the same openness can be affected in other ways. However, the bad it does is two-fold:

- It makes more real and concrete in his mind the sexual experiences you've had with other men. Instead of being some vague, notional set of guys you've rolled around in the sheets with, it becomes X distinct sexual encounters with real men, to whom you felt some physical or emotional connection, either of which may have been better than the connection you have with him.
- If you have changed your attitude as described above, telling him your number only serves to connect your new self more strongly to the old self that slept around. Keeping that tie severed works in your favor.

I suggest saying something along these lines if you are questioned:

"Really? You actually want to know? Weird. I am not going to tell you anyway, but why would you care? No good can come from that conversation. Think about it."

And then if it is appropriate, explain the reasoning I give above. Most guy won't freak out if you don't tell them, but you should emphasize the reasoning given here as your motivation for silence, rather than letting his imagination wander and concluding that you must have a number so high that it can't be spoken.

Related Posts

1. [How to Look Good During Sex](#)
2. [The Analogy Between Sex and Commitment](#)
3. [Never Tell a Guy When You'll Have Sex with Him](#)
4. [How to Turn a Guy Down for Sex](#)

Twitter Account

December 18, 2011 | by Andrew | [Link](#) | [Original Link](#)



In response to a reasonable suggestion from a couple readers, I just started a Twitter account. The link is about halfway down the left column of the blog. I will send out a tweet whenever I make a new post, along with a link to it. I will also be sharing brief thoughts or observations as often as possible. Hopefully this will facilitate keeping up with my sporadic writing schedule and provide another medium for sharing insights.

My username is RulesRevisited, and you can link to the Twitter site here: <http://twitter.com/#!/rulesrevisited> You can follow the blog on Twitter by clicking this button: <https://twitter.com/RulesRevisited>

The More Confident He Is, The Less He Likes You

December 23, 2011 | by Andrew | [Link](#) | [Original Link](#)

I recently had the following conversation with a friend of mine:

"Dude, that girl I really liked - remember, the one from the beach? She resurfaced the other day. She texted me out of the blue. She is going to be in town for the holidays."

"Really? The half-Italian girl? She was pretty hot if I remember correctly. That's cool, but be careful with it - I've had girls I was into resurface like that before, and it's tough. This time you have to have complete control of the situation - show no weakness."

"Yeah man, I know. It's just hard to do that. I am trying to keeping my expectations low this time. I know I need to act around her the way I act around girls that are way into me. It's just so much more easily said than done..."

"I hear ya man. That's the irony of it all. When I am really into a girl, I somehow fuck it up. When I don't care at all, they fall in love with me. It sucks."

I am sure most people can identify with the sentiment, because the same phenomenon happens among women. It is partially the result of what one amusingly accurate website calls "[ladder theory](#)," whereby both sexes are constantly trying to attract the best possible mate of the opposite sex. In other words, it is a by-product of the fact that most single people are constantly trying to [play out of their league](#). So maybe the girl that resurfaced in my life recently is simply too good for me, and my attempts to attract her are futile, even if I play my cards right.



However, irrespective of a guy's true value, there is no denying that there is also a large element of control involved: guys can either play their cards right, or "fuck it up," and their ability to do one or the other is closely linked to their confidence. So, for example, even though *I* might actually be out of this girl's league, the fact that *I think* she is a ten will initially make it harder for me to demonstrate my true value to her, since I will be less confident in her presence.

I don't think this is news to most people. What I really want to point out is the implication for women: **If a guy is genuinely very confident around you, he probably doesn't feel a strong attraction to**

you. If he is nervous or awkward around you, he is probably very attracted to you. These are the extremes of a linear scale, so that you can conclude that his confidence is proportional to his indifference.

This seems obvious, particularly the second point. But time and time again I see girls get their hopes up about the fact that a really hot guy gives her attention, even though the *quality* of that same attention should actually be a warning sign that he isn't that into her. (And anyway, if he is the rare exception to the rule and really is genuinely confident, even around women he really likes, playing a little hard to get won't dissuade him from trying again.)

The best way to judge his confidence is by contrasting his behavior towards you with his behavior towards others, since he could be generally confident, or generally shy. You should also be wary of false confidence, which some men put on when they are interacting with a girl they think is out of their league. Most women can pick up on this intuitively, but it usually manifests itself as excessive cockiness or excessive teasing, and frequently can be read in his body language. Finally, try to judge his actions when he is sober, since alcohol changes the way he acts and usually boosts his confidence.

(Note that over time, he may become comfortable around you and his confidence may grow. This post applies mostly to initial interactions.)

Self-Improvement Takes Time

December 25, 2011 | by Andrew | [Link](#) | [Original Link](#)

I've been getting a lot of e-mails from girls asking for urgent advice about how to act around a particular guy, or how to interpret his behavior. Others express concern about the difficulty inherent in striking a balance between extremes (for example, between "hard to get" and needy, or prudish and slutty). And while I do usually have suggestions relevant to the specific situation, more often than not these kinds of questions are an indication that the girl is missing the big picture - that she is splitting hairs, and placing too much importance on one particular thing, when the truth is that no single thing matters completely.

If you find yourself worried about the wording of a particular text, or fretting over which earrings to wear, or generally wondering how you should behave towards a *particular* guy in a *particular* situation, take a big step back and realize two things:

- 1. If he is really into you, you will have to make significant mistakes to make him change his mind.** While there are always ways to make him like you more, your baseline should be to simply continue doing what you are doing and making gradual improvements. By "significant mistakes" I mean things like revealing that you are actually addicted to coke or gaining 30 pounds.
- 2. If he isn't that into you, no single small change you make is really going to attract him.** A new set of clothes or "hard to get" attitude will not make the difference. You will need to revolutionize yourself to really hook him, and it is impossible to do this overnight. Instead, admit that he is a lost cause, and spend the energy that you would have spent on him on improving your appearance and personality. Then, by the next time a guy of that caliber comes along, hopefully you will have improved enough to make him stick around.

I am not saying that little things don't matter - they do; collectively, they matter a lot. But no single one will make or break a guy's attraction to you, and improvements to each one take time to implement and become natural to you. You need to be patient. But if you continue to make a steady effort, there is no question that the quality of guys you attract will improve.

Why Rejection Is A Good Thing

January 4, 2012 | by Andrew | [Link](#) | [Original Link](#)

If you get dumped by a guy you like, remember that although this is probably due in part to men playing below their league, it is also the product of you being ambitious in your relationships: you are trying to get the best guy you can, and therefore you are dating guys that might dump you. In moderation, this ambition is a good thing. If you were constantly settling for guys of a low caliber, then of course you would have more success, but you wouldn't be content.

While it is certainly worthwhile to consider whether or not your standards are realistic, you should also acknowledge how lazy or apathetic you would be to settle for someone below your potential. If you aren't getting dumped by guys, you could probably be doing better.

If you liked this post, you'll definitely like my book, Beyond the Breakup, which says a lot more about the importance of rejection and how to use it to grow into the kind of girl guys really want to commit to.

Related Posts

1. [Get Used to Rejection](#)
2. [Why Do You Want Him Back?](#)
3. [What It Is Like to Be Rejected by Girls](#)

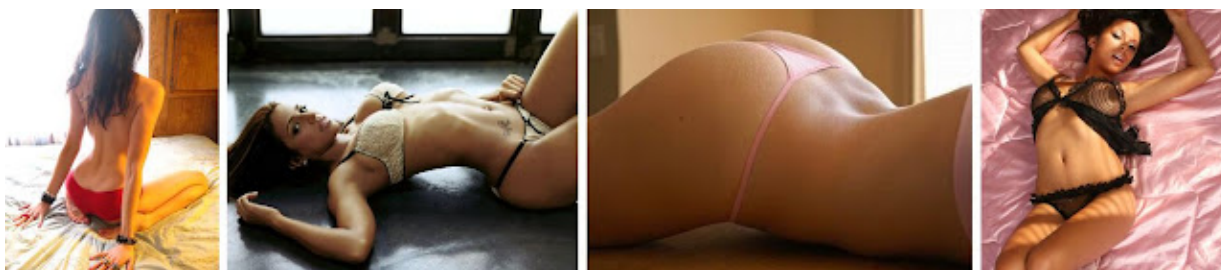
How To Look Good During Sex

January 9, 2012 | by Andrew | [Link](#) | [Original Link](#)

It has often been said that women are turned on by what they feel, while men are turned on by what they see. There is a lot of truth to this. Of course it may not be so black-and-white; probably men are aroused by what they see only in proportion to how masculine they are, and women by what they feel in proportion to their femininity. But whatever the case, men are primarily aroused by what they see. While certain moves, positions or behaviors also play a role in arousing a man during sex, visual stimulation is the most important yet most frequently overlooked aspect of a woman's sexual performance. In addition to making yourself as attractive as possible by using non-bedroom techniques such as working out, doing your hair, etc. the following list of things should help to catch his eye. I've been careful not to list things that some guys like and others don't - this list should only be the things that apply to the vast majority of men.

1. Leave the lights on, at least enough so that he can see the form of your body, your hair, etc. Without light, nothing else on this list will be as effective. Dimmed is probably better than leaving them full-on, but darkness is not sexy at all to a man.

2. Arch your back. This is the single most potent bedroom posture a woman can assume. Most women do this naturally during heightened sexual pleasure, and he becomes more aroused by seeing you aroused. Do it regardless of being face down, face up, or on your side.

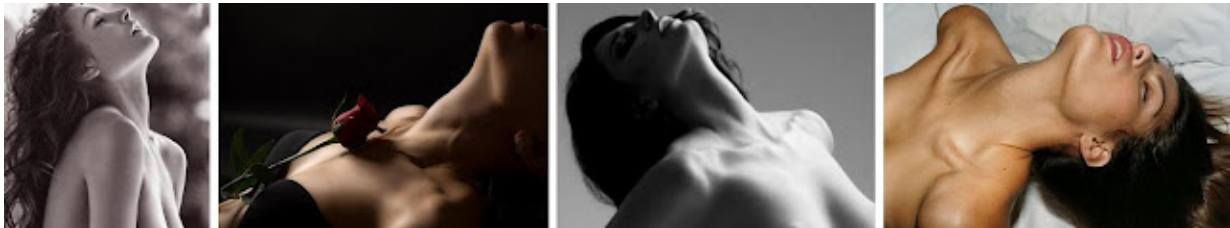


3. Point your feet down as if you were standing in high heels. I haven't figured out why this is sexy yet, but rest assured: it is. Do this when you are lying on your back with your feet in the air, crawling across the bed, or in any other situation in which your feet are free. Consider leaving your heels on during sex, as it assists and heightens effect.



4. Throw your head back. This is also done naturally during heightened sexual pleasure. Combine with #2 and #3. Also try turning your head to the side, as if the pleasure is too intense to look directly

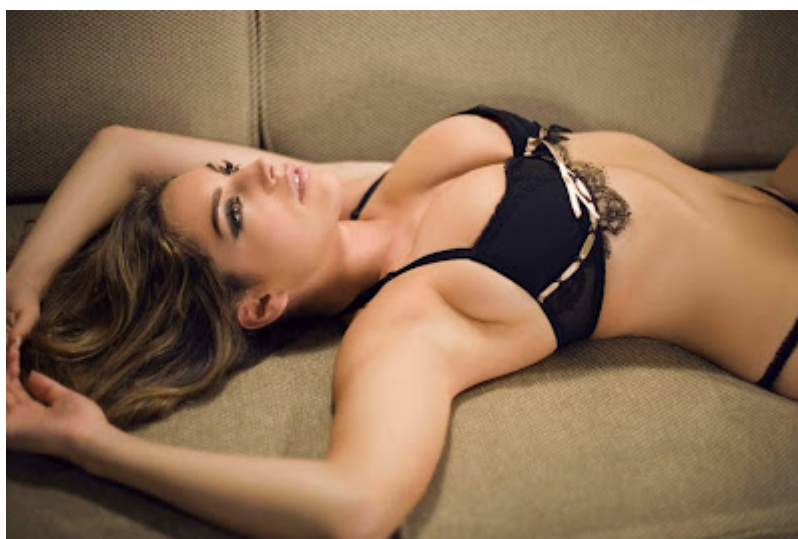
at him. In addition to demonstrating your pleasure, both of these actions slightly contort and accentuate the neck, one of the most delicate and feminine parts of a woman's body. Close your eyes or it will seem unnatural.



5. Wear matching underwear. This makes you more comparable to the supermodels he fantasizes about routinely, and generally looks a lot better on you (models do it for a reason). Simple colors and types of underwear are perfectly acceptable. Also, let him initiate the removal of your underwear. I am usually disappointed when a woman takes hers off too soon. It looks sexy and I don't get to see it very often, so I want to enjoy it for a minute before I rip it off.

6. Don't pull his upper body down towards you during missionary or similar positions (e.g. to make out or hold him while he penetrates you). This will prevent him from watching himself enter you, which is hugely erotic.

7. Put your arms above your head. This widens the upper portion of your body, accentuating the relatively small width of your waist and bringing out your curves. A small hip-to-waist ratio is extremely sexy to men, and by doing this you give yourself more of an hourglass shape. This is also an open posture - one which uncovers and "opens" the vulnerable front of your body, indicating your gift of yourself to him, and therefore your trust and love. This openness establishes a much deeper connection, which has all kinds of benefits, but is also sexual. The picture below (on top) illustrates the accentuation of the waist, while the photo below (on the bottom) shows a more natural instance of the posture. (Also see the right-most picture under #2.)

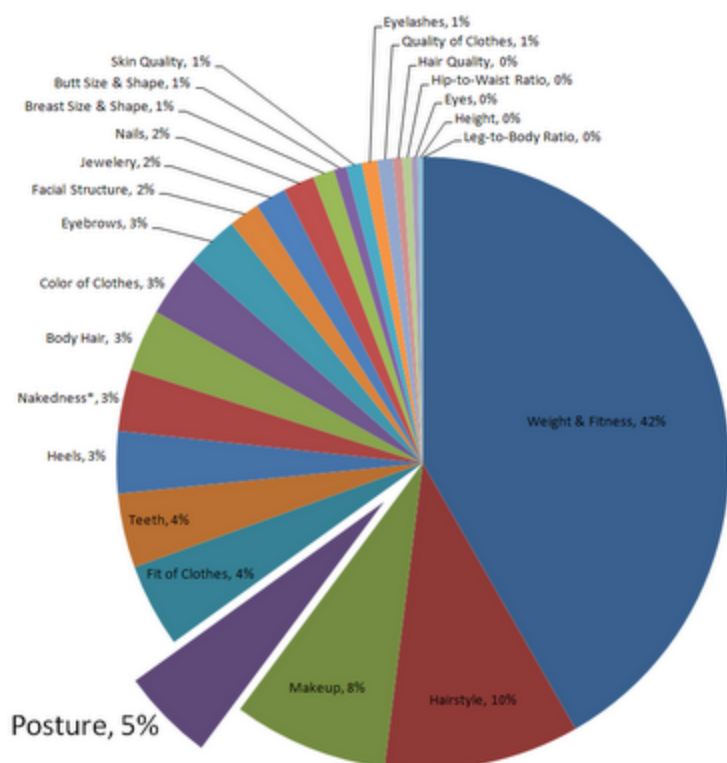


8. Make your movements slow, sexy and constant. The general idea is that you are slowly but continually moving in rhythm with and response to his sexual lead - in a sense, "flowing." The movement is something like squirming, but in a slower, more sensual (rather than uncomfortable) way. He will be turned on by watching you respond to the pleasure he is creating in you. The video linked in the postscript illustrates this best.

In some instances, the things above will feel strange and require a little acting on your part; but over time they will become your natural response to pleasure. In addition, it is likely to be self-fulfilling acting, since by doing so you will arouse him, and his resulting lust for you will ultimately arouse you more. If these things *aren't* natural for you, I suggest that you try to implement only one at a time, otherwise you will likely disengage from the sex itself by focusing too much about your body. It shouldn't be too forced.

Posture And Attractiveness

January 13, 2012 | by Andrew | [Link](#) | [Original Link](#)



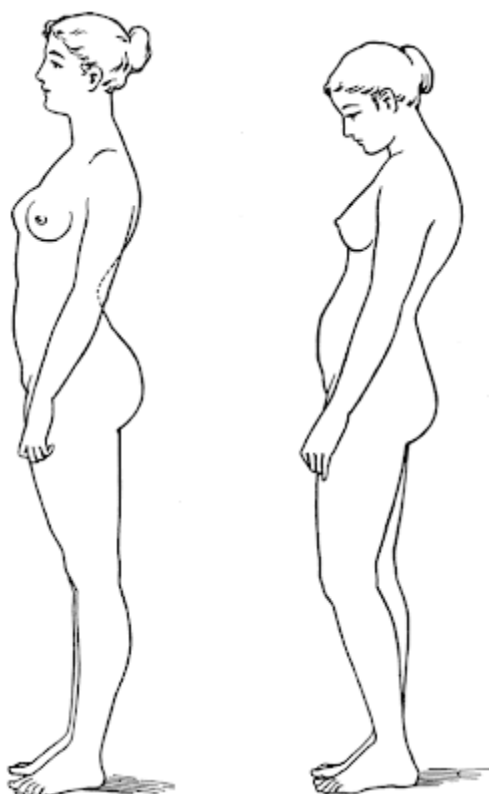
Components of Feminine Beauty by Attention Deserved

I've estimated previously that a woman's posture accounts for 3% of a woman's external attractiveness. And because posture is 100 % controllable, I concluded in [the same analysis](#) that it was worthy of 5 % of the time that a woman spends on her appearance. This might not sound like much, but that 5 % was second only to [fitness](#), [hair](#) and [makeup](#). In other words, once you take care of those three (obvious) things, you should be shifting your attention - not to your nails, breasts or even the [color of your clothes](#), but to your posture.

Posture is important because it is a direct projection of your sense of self-worth. Looks are critical, even for long term relationships, but without personality and confidence you will not get past a [first date](#) or a purely sexual relationship. I plan to write a lot more soon about the importance of personality, and when I do I will make the point that a woman's sense of her own value is vital to her internal attractiveness. Posture is the [subtle](#) but primary mode by which that sense of value is conveyed, and men definitely notice - [whether consciously or subconsciously](#). A woman with good posture exudes confidence, and confidence demands attention. Attention, in turn (the good kind at least) breeds attraction. In addition, being [the external expression of an internal state of mind](#), posture is also a large contributor to external attractiveness.

I went to a bar last night, as I am apt to do on Wednesdays, and ran into a girl that I know and occasionally flirt with. She varies between a [7](#) and a [10](#) ([depending on how she presents herself](#)) - a very good looking girl, and in great shape too. She was sitting on a stool, hunched over - clearly tired and ready to head home. After chatting with her for a little while, her posture started to bother me, so I told her "you should sit up straight, you look a lot better that way," as I placed my hand on her back

and shoulder to straighten her out. She laughed, agreed and sat up straight.



I had always known that a woman's posture makes a difference, but this was one of the clearest examples I have ever seen - suddenly she seemed alive. As she lifted her upper body, her back straightened and her chest pushed out, accenting her breasts and diminishing her previously scrunched-up waist; her neck straightened and appeared more slender; her hair fell more naturally over her shoulders and neck: her physical beauty radiated.

But these were merely the physical changes. In addition, her head was lifted - probably by about six inches - so that she became more present in the group, and her beauty was magnified by its sheer prominence (this is an argument in favor of female height that I have perhaps overlooked until now). She also seemed more confident, as if she could accept or reject any guy that approached her - and looking the way she did sitting up straight, she probably could have. Finally, she smiled. The effect of holding herself up triggered the emotions that normally cause her to hold herself that way, and she was visibly happier. A new energy seemed to come over her. While she was slouching she had seemed tired, maybe even ill; but now she appeared healthy, youthful, alert, engaged, exuberant.

But here is perhaps the most interesting and telling part: when this girl corrected her posture, **I felt a distinct pang of intimidation**. It surprised and dismayed me, because I was sure until that moment that I had this girl wrapped around my finger. Suddenly the roles were decidedly reversed. The impression only lasted a moment, because her mood and attitude were not organic and ingrained; but it still concerned me afterwards - what if she had appeared that way when I first met her? And if she had maintained it, would I have ever been able to gain the upper hand? This is the power of posture.

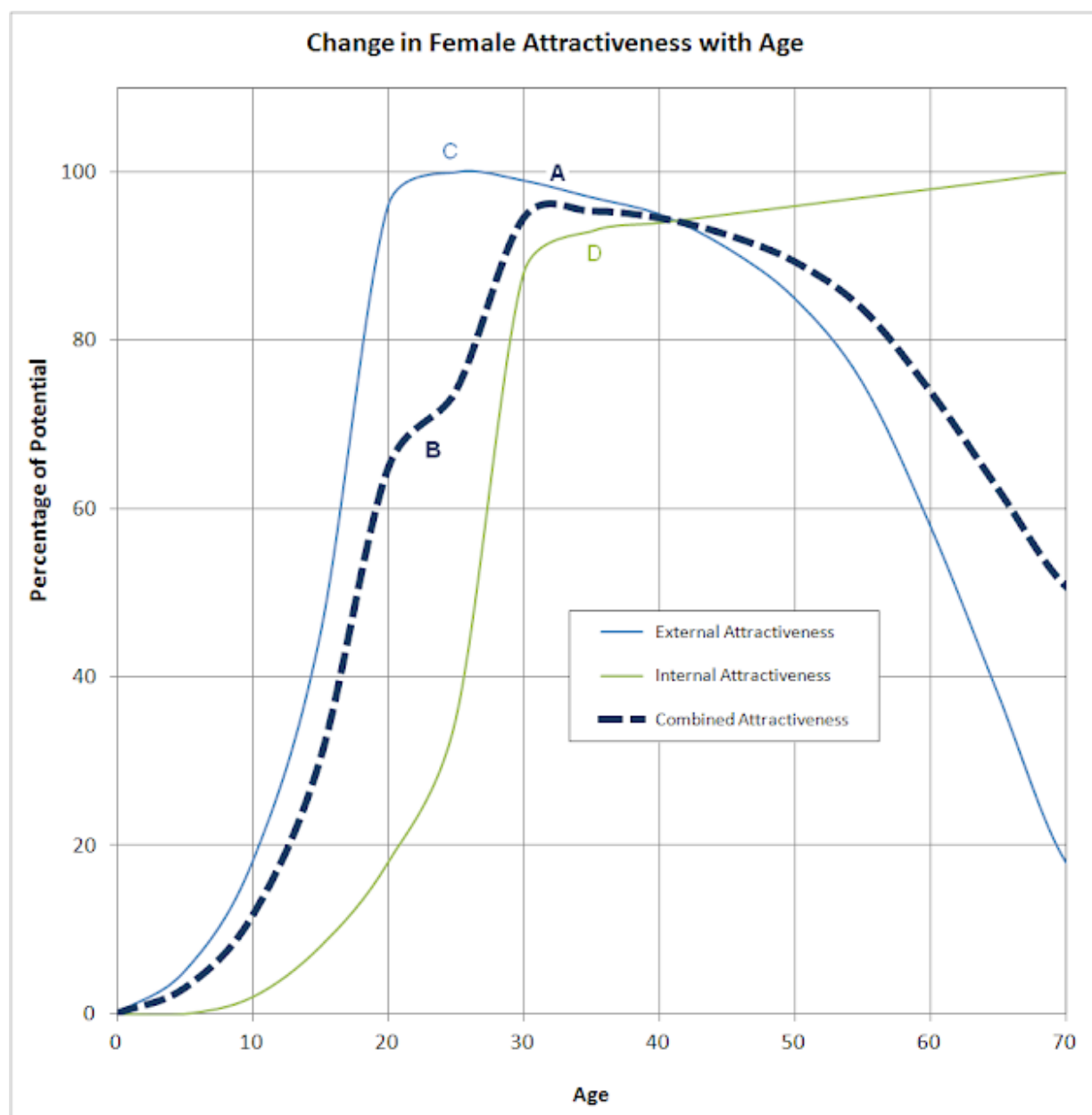
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2. How to Improve Your Posture - Part 2
3. The Importance of Heels

Your Age And Your Attractiveness

January 15, 2012 | by Andrew | [Link](#) | [Original Link](#)



Notes:

1. These curves are based on observation and careful thought, not empirical data.
2. Internal attractiveness consists of personality, femininity, openness, etc.
3. External attractiveness consists of weight, natural looks, hair, clothes, etc.
4. Percentage of potential means the level a woman achieves relative to what she *could* achieve, taking into account uncontrollable limitations such as body shape (not to be confused with weight), facial structure, etc.
5. Combined attractiveness is a weighted average of internal and external attractiveness.
 - Internal attractiveness is weighted at 40 % importance.
 - External attractiveness is weighted at 60 % importance.
6. Don't pay too much attention to the values on the vertical axis. What matter more here are the

rough values on the horizontal axis, i.e. *when* the peaks or changes occur.

7. This is typical, not representative of all women. See [this page](#) for example variations.

8. Other sources have [real studies](#) that are interesting and tend to agree with this illustration.

While I think this plot can largely speak for itself, I do want to highlight and qualify a few things.

The graph is not meant to hone in on the exact age of peak attractiveness. Don't draw conclusions based on the peak (A) occurring at 32 rather than 29 or 33. Instead, draw conclusions based on the peak occurring at 32 rather than 22 or 26 (which are more typical assumptions). More importantly, consider that **although physical attractiveness peaks at one point (C), internal attractiveness plateaus later (D)**. While the "late" (i.e. post-30) peak in overall attractiveness is likely to draw some criticism, I doubt that such criticism is honest, or considers a woman's internal attractiveness. Furthermore, [a recent study](#) seems to back up this conclusion.

I shaped the curves for internal and external attractiveness separately, without giving consideration to each's effect on the combined curve. When I plotted internal and external attractiveness combined, and saw the "lull" in the early twenties (A), I was a little surprised. But upon reflection, it made sense. The "lull" is the point where a girl looks beautiful but has yet to come into herself. She is hot but boring to spend time with. So many girls in their early twenties are this way. Their overall attractiveness stalls until they develop their personality throughout their twenties. Some women never make this internal development, as illustrated in one of the example variations, posted [here](#).

Notice that the full potential for combined attractiveness is never reached, because the peak of internal and external attractiveness do not occur simultaneously. While this is not always the case, I think it is often so, because women tend to spend their effort on looks or personality at different times in their life.

Notice, too, how the decline in external attractiveness is ameliorated by the increase in internal attractiveness, flattening out the decline.

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Your Feedback

January 18, 2012 | by Andrew | [Link](#) | [Original Link](#)

I have no shortage of ideas for new posts on this blog. However, I would like to make future posts as relevant and interesting as possible. I encourage you to send me questions or ideas for new topics.

I am also looking for feedback about the topics I have so far, the length of posts, suggestions about how to improve the look of the blog, and especially ideas about the layout and how to make it easier to navigate or search. Notification of typos or grammar mistakes would also be appreciated. Constructive criticism is more than welcome.

Please send your thoughts to my e-mail address: TheRulesRevisited@gmail.com.

Thanks,
Andrew

Who Pays On Dates?

January 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

When it comes to paying for dates, the rule is simple: **always assume you are going to split the check, and offer to do so.** If you wouldn't be willing to pay for your half of the date in order to spend time with a guy, then you shouldn't accept his invitation to go out in the first place. So the first part of keeping the financial side of dates simple is not accepting invitations from guys you aren't interested in.

In most cases, when you offer to pay for yourself, he will refuse. If he doesn't, remember that your assumption was that you were paying for yourself anyway. He is probably just as confused about whether or not he should insist on paying, as you are about whether or not you should offer. Some men think they will offend the woman by offering to pay (by suggesting that she couldn't). Others have probably heard advice saying that they shouldn't so that you won't think he is too interested in you.

When the check arrives or you approach the cashier, always reach for your money. This shouldn't be theatrics or an attempt to induce his offer to pick up the check. Remember, unless he tells you otherwise, assume that you are going to pay for your half and act accordingly. If you get your money out faster than he does or get to the cashier first, ask him "so do you want to just split it?" (i.e. divide it 50-50 rather than itemize). This way he knows you aren't trying to pay for the whole thing. Asking him "can I pay for my half?" before he offers to pay for your half sounds presumptuous because it implies that he was planning to pay for you, when he very well may not have been.

If he refuses your offer to pay for yourself, don't insist. This heightens the confusion for the guy (see above). It also isn't necessary. If he actually wants to split the check he will accept your offer the first time. If he refuses to let you pay, reply with a simple "are you sure?.... thank you" and leave it at that.

If you are short on money and can't afford to pay for yourself (e.g. for an expensive dinner), tell him this when he asks you out. Say something like "I'd really like to but I can't afford to [whatever the date is] right now. Could we go [somewhere else] instead?" (the key is suggesting an alternative). At this point he will probably clarify that he is picking up the check, so all you need to do is politely accept. If he doesn't offer, then you've just avoided an awkward situation in which the time to pay arrives and you don't have enough money to cover your part.

Never offer to pay for the whole date (i.e. pay for him and yourself) until you've been out several times, or received some kind of commitment from him. While it is a generous gesture, it could too easily be interpreted as an attempt to impress. If he sees that you want him badly, he will start to wonder in the back of his mind if he can do better. It might also come off as an assertion of your individuality, which will not impress him. This is something women like in men, not vice versa.

If he pays, make a point to say thank you. While failing to do so probably won't be the only factor in a guy's decision to ask you out again, it can definitely be the straw that breaks the camel's back. Don't

fuck up your chances by omitting common courtesy.

In general, stop thinking about dates as formulaic "events" for which Hollywood has defined the normal course and etiquette. A date is nothing other than two people who are attracted to each other spending time together. Neither of you knows the other well enough to be sure that the investment of time and money will be worthwhile, so neither of you owes the other anything - let alone paying for the other.

How To Improve Your Posture

January 25, 2012 | by Andrew | [Link](#) | [Original Link](#)

In [another post](#) I wrote about the importance of posture to a woman's attractiveness. I suspect this is probably interesting to many women, but not helpful without some indication of how can it be improved - which is what I'd like to elaborate on in this post.

First, I think it is necessary to understand that poor, hunched or closed posture is a deeply subconscious attempt to introvert and close oneself. It is an effort to literally protect the vulnerable front of one's body - that is, the area where our vital organs (groin, gut and neck) are most exposed. Poor posture is a manifestation of insecurity, whether it be physical, social or emotional. The deeply entrenched nature of a person's posture makes it incredibly difficult - indeed, virtually impossible - to change by repeated acknowledgement and correction. I know people who have been doing this for years, but their posture remains unaffected. I used to have poor posture myself, and for a while made similar "acknowledge-and-correct" efforts, but they were futile.

My posture now is very good. The change was not one I consciously forced, however. Instead, it followed naturally from an improvement in my self-image and confidence. This was a gradual process, but it was marked by distinct points at which I recognized my value, and more importantly, my potential. This would happen when I saw some similarity between myself and someone I admired, or upon some concrete accomplishment that made me realize that I was capable of things I hadn't thought I could do (or do well) previously. Accomplishment breeds confidence, and accomplishment is the product of initiative and effort - both of which are controllable.

But my personal experience is not the only evidence for my point, by any means. Consider, too, the people you know who have the best and worst posture (aside from the elderly, who have less control over these things). Almost without fail, the ones that slouch are also insecure or very humble, and the ones that stand up straight do so in proportion to their confidence. The correlation is unmistakable.

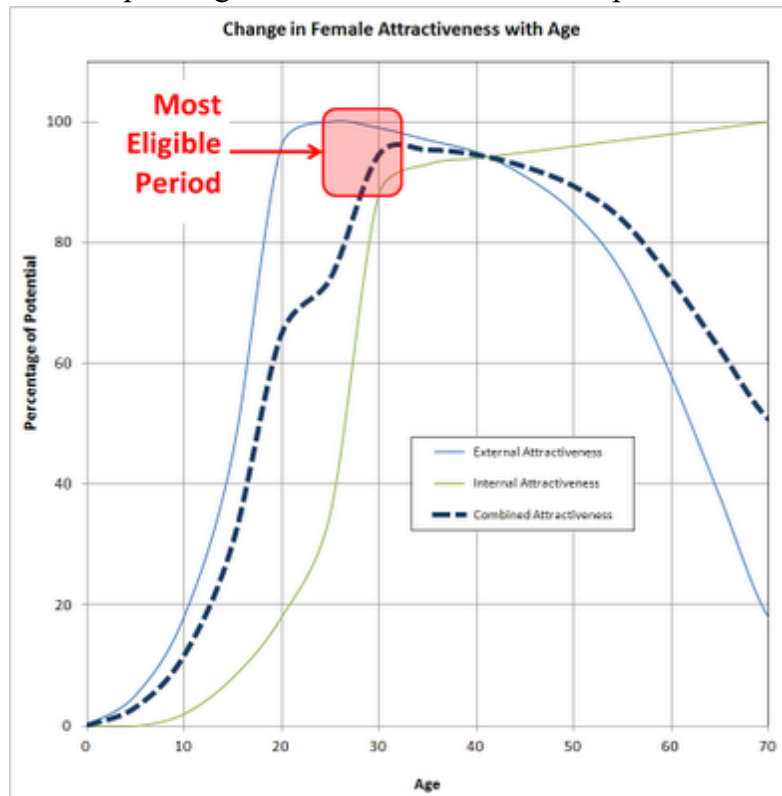
So rather than straightening up when you recognize your poor posture, you would do better to acknowledge your strengths and excuse your weaknesses, at which point your posture will improve naturally. Far more importantly, **if you want to stand up straight, you need to begin to do the kinds of things that will allow you to respect yourself.** If you are too timid to carry on a conversation with a man, [start practicing](#) so that you grow more comfortable. If you hate the fact that you are overweight, start setting weight-loss goals for yourself and penalties if you fail to meet them. If you have been wallowing in the wake of a bad break-up, shake it off, get back on your feet and start dating again.

These things are not easy to do, but I've seen the effect they can have on a girl's life, and they are worth the effort. They also become easier the more you do them and recognize their benefits. Taking charge of the things that you've previously been unable to master is the best and possibly the only way to improve your self-image, and therefore your posture.

Don't Let a Guy Waste Your Most Eligible Years

January 27, 2012 | by Andrew | [Link](#) | [Original Link](#)

If you are interested in getting married, you need to be well aware of the fact that you are probably most attractive sometime in your mid- to late-twenties. This means that your mid- to late-twenties are the years in which you are most likely to attract the highest quality man you can get. And while I've written a fair amount about maximizing your attractiveness, it all counts for nothing if you aren't single when the right guy comes along, or if you aren't putting yourself out there because you are involved with someone who is only half-committed to you. So in addition to looking your best, you need to make sure you aren't spending time in dead-end relationships.



Time and time again I see or hear about girls who allow a guy to date them for three or four years in their twenties without proposing. This blows my mind. I understand that these girls are holding out in the hope of eventually getting a proposal, but they don't give enough consideration to the possibility that they'll be strung along for another two or three years, only to have him decide that he wants someone else - or worse yet, someone younger. Combine this with a girl's reduced odds of finding someone (let alone someone better) once she begins to age and things begin to fall into perspective; it seems crazy to consider dating someone for more than a year without a very strong confidence about the direction in which the relationship is heading.

If the same graph showed the value of a house you owned over time, there is no way in hell you'd be renting it out for long periods of time between 20 and 30 years, when it's value is highest. You would either leave it vacant during that time for prospective buyers, or at most, only agree to month-to-month leases so that it would be available to sell when a buyer came along with a good price. You'd also be actively advertising the property, because you'd want to take advantage of its high value. I'll let you draw the analogy.

Don't give a guy your most eligible years with nothing to show for it. This is bullshit. If you ultimately want to get married and your current relationship isn't constantly growing stronger (i.e. approaching something permanent), then you need to start asking questions. And if you aren't getting satisfactory answers, it is time to look elsewhere. The clock is ticking.

Furthermore, *your* time is *your* responsibility - not his. For better or worse, men will not make commitments that aren't required of them. If he isn't taking things to the next level when you think it is appropriate, break up with him. You can do this nicely, and you should explain your reasoning clearly, but you should still break up with him. More easily said than done? Probably. But it is the best move nonetheless. If he really wants you, he will try to get you back; but if he doesn't, remember: **during your most eligible years, you are better off being back on the market than tied up in a dead-end relationship.**

What Men Think About Older Women

February 5, 2012 | by Andrew | [Link](#) | [Original Link](#)

I spent about a year dating almost exclusively women older than myself. What follows are my observations from that time in my life. For the purpose of this post, by "older women" I do not mean old women or women of any certain age or age range; I mainly mean women who are older than the man in question.

Older women are easier to have sex with.

Older women are more confident and comfortable around men - especially younger men, since they know that their experience cancels out some of his natural power over her. This translates into sexual openness. Some men know that older women are easier to nail, which is often why they pursue them. Older women should be cynical about younger men who claim they want to date seriously, or remain silent about commitment.

Older women are not as physically attractive as younger women.

This is obvious. Women peak somewhere in their twenties for external attractiveness. All honest men acknowledge this, as do most women. In general, men disagree about the age at which women "peak" - partially because it varies depending on the woman and partially because guys have different taste. But I think it also has to do with the difficulty that men have distinguishing between external and internal attractiveness; often the latter is confused for the former.

Older women are still pretty hot. A woman's attractiveness doesn't take a swan dive after 30. It tapers out slowly and often quite gracefully - far more slowly than it arises in a girl's late teens. The rate of the decline is obviously affected by her genetics and lifestyle, but it is also largely a function of how willing she is to *accept* that decline gracefully. I think the women who become ugliest due to age are the ones that recognize they are getting older, wrongly assume that they are no longer beautiful, and therefore stop their gym membership, cut their hair short and give up. Some women go instead to the opposite extreme, getting plastic surgery or increasing their make up until they over-compensate. Neither of these is the appropriate or confident response to the onset of aging (in the same way that wearing a toupee is a poor response to the onset of male baldness, for example). An acceptance of reality is the best response, and the reality is not nearly as bad as so many women believe. Although most men of course prefer the looks or bodies of women in their twenties, we would still love to fuck those same women well into their forties - assuming they take care of themselves.

Guys interested in long term relationships will not consider older women seriously.

On a few occasions I was dating women who were older by six to ten years, and really enjoyed their beauty and company. However, when it came time to cut it off or have a relationship, I cut it off. Reconsidering my motivations for those decisions now, I recognize one that dominated the others: despite my attraction for those women at the time, I didn't want to look around myself ten years later and see a hotter, younger girl - closer to my own age - and think "I could have been with a girl like that instead." When my wife starts aging, I want the other girls I could have had (i.e. those in my age-range) to be aging with her, so that I won't be constantly reminded of the sacrifice I made to be with

her - even if it was one I know was worth it. The grass is already always greener on the other side, and a man doesn't need an age disparity contributing to that effect when his woman starts losing her initial shine.

Older women are more internally attractive than younger women.

Older women have miles more personality than younger women. Since the time when I dated older women (a couple years ago now), I've found one, maybe two girls younger than me that I was attracted to *and* able to connect with - out of all the women I've encountered or even dated. Older women are simply more interesting to be around. This is because of the natural accumulation of experiences over time. Older women are more confident than younger women, because they know themselves and the world better. Their words carry more weight because they have experienced what they are talking about. They are comfortable in their own skin. They are relaxed in social settings. Perhaps most importantly, they are not afraid of men, so their inhibitions in a man's presence are less severe. All of this allows for an openness that makes a date or casual interaction much more enjoyable.

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Sexy Versus Cute

February 13, 2012 | by Andrew | [Link](#) | [Original Link](#)



Taylor Swift

Some girls have expressed their disappointment when I've told them that they look "cute" rather than "sexy" or "hot." I used to respond to their reaction by claiming that it was unwarranted. After all, cute is still attractive. But in the back of my mind I knew that my compliment was mildly backhanded, even though it was never my intention.

To one degree or another, all women want to turn heads and make men's jaws hit the floor; and they know that "cute" doesn't elicit this kind of reaction. But growing up, most girls are not given the freedom to dress or act in a provocative manner, so they don't get to "practice" looking sexy. This is compounded by the fact that most parents have somewhat outdated ideas of modesty, in the midst of a trend towards sexually explicit fashions. Because girls grow up dressing cute, they become comfortable in the types of clothes, hairstyles and makeup that create a cute look. Ultimately this means that your average girl is only just learning how to pull off "sexy" when her desire to do so is strongest (i.e. in her twenties). This lack of experience, coupled with her desire to look hot, can lead to a crippling unwillingness to take the risks that are so necessary to mastering sexiness (or any new look, for that matter).

However, both looks can be achieved by any woman. Just because you are short or have dimples does not mean you cannot be sexy, in the same way that height or sharply shaped eyebrows don't preclude the possibility of looking cute. The main difference is that **it takes more risk, confidence and**

experience to pull off a sexy look. Risk is a matter of your own will, and confidence follows from risk - as does experience.

Let's consider the characteristics of both looks. I've made a list of associations that I have for the two styles:

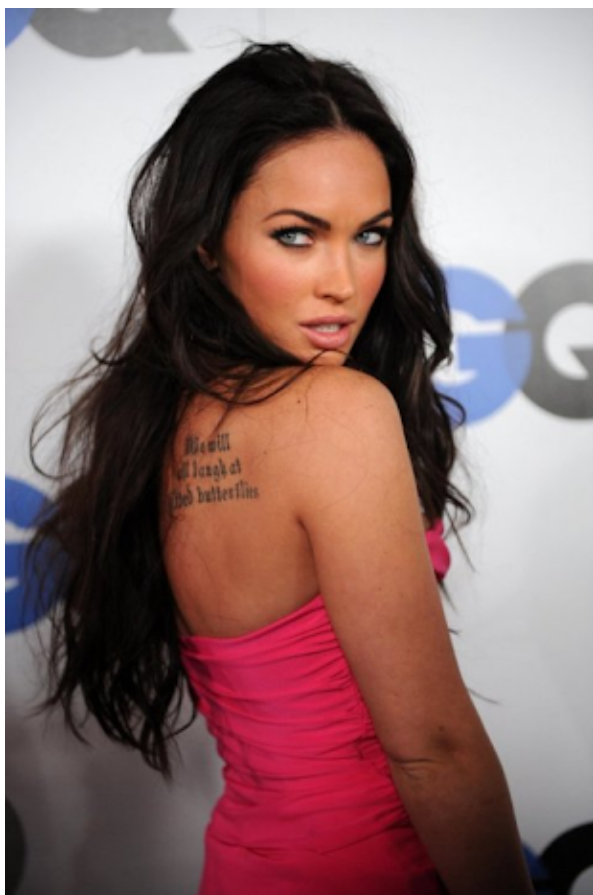
Sexy:

Confident, serious, poised, seductive, postured, tight (clothes), mature, aloof, gorgeous, sexual, selective, sharp, directed, closed, pretentious, shrewd, desirous, hungry, dark, cat, fox

Cute:

Innocent, light-hearted, wide-eyed, adorable, affectionate, eager, naive, young, youthful, joyful, pretty, animated, open, trusting, candid, colorful, kitten

The "cute" associations are predictably child-like. The "sexy" associations are almost predatory, and certainly they point towards a very confident sexuality. Notice how in both pairs of pictures I've posted, the sexy woman's gaze is piercing - calm, confident and provocative. As I've said before, your style is projected much more by your personality and demeanor than by your clothes. You can probably imagine a sexy woman dressed in cute clothes, or vice-versa (imagine the cute Megan Fox on the right holding herself like and making the same expression as the sexy Megan Fox on the left - it would still be sexy, even without the tight dress and wild hair). In order to achieve that look, you must adopt the associated personality characteristics. Once the mindset exists, the clothes follow naturally, or at least easily.



Megan Fox

As in most cases, feigning the mindset can help you to obtain it. You need to "fake it 'til you make it." By wearing sexy clothes even when you don't think you can pull them off (taking risks), you will realize that, actually, you *can* and *do* pull them off. This is because, in most instances, your insecurities about what you are incapable of wearing are unfounded. Once you try them and see that they work, your confidence will spike, and you can then repeat the process.

I routinely see very concrete things that sexy girls are doing or wearing, but cute girls are not. The cute girls are the same ones who want to look sexy but don't, the same ones that are dismayed by my "cute" compliments. There isn't some kind of natural inability holding them back; it is their state of mind, and then also (following from their mindset) their presentation:

- They aren't showing off their body by wearing tight clothes; they wear flowing clothes that mask their feminine form
- They aren't wearing fashionable clothes (though this isn't always what will make you look best, you also shouldn't usually be trying to emulate your mother's dress sense)
- They aren't wearing high heels regularly
- They aren't standing up straight
- They don't use makeup enough (of course there is such a thing as "too much," but there is also such a thing as "not enough")
- They don't wear matching underwear or lingerie
- etc.

Of course, you will only realize that you can pull off heels, or a tight dress, or a certain hairstyle if you *do* pull it off. So you need to put thought into what you are attempting. If you are overweight, a tiny cocktail dress probably isn't for you - though I'd actually be liberal about making this decision (tighter = hotter even for girls that are slightly overweight). So don't start buying hooker outfits arbitrarily, assuming that they will make you sexy; make sure it works with your natural look (notice I did not say personality).

If you are honest enough with yourself to admit that you aren't comfortable wearing heels or tight dresses, or certain types of makeup, then you are already ahead of the game (most girls simply make excuses about attracting the wrong kind of attention). You just need to take a step outside yourself for a moment, and acknowledge that there is no real impediment to you pulling off "sexy" any more than there is for the thousands of girls who regularly do so. While you might have a mental block against the idea of you being "sexy," I challenge you to list concrete things that make you different from the women that dress and act that way - and I am not only talking about celebrities like Megan Fox and Taylor Swift. I am talking about normal girls that you see out in nightclubs or bars, at work or in the mall. Chances are you have seen women who are less attractive than you (or fatter or older) doing it successfully. If they can do it, so can you.

One final note: there are very few women that are purely sexy or purely cute. Most are some mix of the two. Megan Fox almost always looks sexy and Taylor Swift almost always looks cute (which is why I used them as examples here). What is powerful about these two women is that they both

clearly have the ability to pull off both looks if they want to; what is unfortunate is that neither of them do so very often (at least in the public eye). **While being a mix of sexy and cute is better than being only one or the other, the ideal is having the ability to be completely one or the other at will.** Since cute is easier to achieve, most women need to focus on building their confidence to look sexy.

Don't Try to Be One of The Guys

February 16, 2012 | by Andrew | [Link](#) | [Original Link](#)

TIME and TIME again I meet girls that try to set themselves apart from other women by identifying with men, hanging out with men and professing to be OK with all the fucked up stuff guys do to girls. This takes many forms. Here are some of the more common examples:

- Having only or mostly guy friends
- Claiming that "girls are too bitchy and emotional, guys are just easier to get along with"
- Laughing at stories about guys treating girls like shit
- Scoffing at girls that get upset or "overreact" when a guy breaks up with them
- Being proud of the ability to drink a lot, or to drink strong liquor
- Pretending to be OK with just hooking up or just having sex with a guy
- Being proud of her one night stands, and telling stories about them openly
- Not making demands of a potential boyfriend because "it's no big deal"

Yes, these things do get positive responses from men. However, in the same sense that any attention is not necessarily good attention (a lesson many men need to learn), any attraction is not necessarily romantic or even sexual attraction. The men that laugh at these comments or encourage your drinking feel the same kind of attraction for you that they feel for their buddies: casual, asexual, platonic camaraderie. If this sounds like the kind of attention you want from men, keep it up.

To put the phenomenon in perspective, consider a guy that tries to attract you by constantly identifying with you, hanging out only with girls, and professing to like the things girls like or do. I have witnessed a lot of men who do exactly this. For example,

- Talking with girls about how "guys can be such assholes" (implying, of course, that he is different - which is probably true enough, but really beside the point)
- Being the shoulder for the girl to cry on when the guy she *actually* likes rejects her
- Admitting that he likes sentimental movies and even that cries sometimes because he is sensitive
- Pretending he likes the same music as a girl, even if it is gay
- Pretending that he cares more about her personality than her appearance - or at least (because it is at least *conceivable* that some men do care less for looks than personality), pretending he cares less about looks than he really does

All of this behaviour - in both men and women - is rooted in projection but ultimately is caused by a failure to differentiate between romantic and platonic affection. When you act like a man and constantly try to identify with him, you will attract him no more than the actions that I've just described attract you.

As obvious as it is, I think it bears repeating that men are attracted to women, not men. While they might complain about a girl who is "too emotional" or "a prude," there are ways of correcting feminine faults without reverting to masculine behavior.

Don't Talk Yourself Up

February 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

I've been on a number of first dates, or early dates anyway, during which the girl essentially tried convincing me that she was hot shit. This hasn't typically been outright bragging. In fact, I think in all instances that I can recall, the girl has ostensibly just been telling me about her dating history or personal experiences. But her narrative has been laced with comments about how she is usually the one to end relationships, or how she goes on a lot of first dates, or how she just can't seem to find someone that is intelligent but confident, extroverted but thoughtful, good looking but humble, etc. - all of which imply that she has options with men and is generally amazing. Other girls have talked almost immediately and incessantly about how much they've traveled, or their multiple degrees, or their great jobs. Their underlying message is "See? I am a great catch; you should want to date me." They are talking themselves up.

This doesn't annoy me or turn me off from a girl. As I said, it is usually stated very casually and comes across as factual rather than arrogant or cocky. I've never thought "Wow, this girl is full of herself," or decided that I shouldn't hang out with her again because of it. In most instances I've just listened, and quietly acknowledged that the girl was trying to put her best foot forward. Yet in most cases, after getting to know her, I've been the one to end the relationship and she's been the one trying to hold on. And she's looked stupid because, after coming in with such an obvious "look how great I am" speech, she's been the one to walk away unwanted. When pride comes before the fall it makes you look stupid, even if it isn't your pride that causes the fall.

So next time you are on a first date and trying to impress, consider the following:

1. If you talk yourself up, you are likely to look foolish to the guys that you are most interested in impressing. If you are attracted to them, chances are that they will also turn out to be/do/have the things that you consider "impressive." After initially showing off, you may gradually start to realize that the guy you were showing off for is actually in the same league as you, if not one higher. The frame will flip. Your game will actually work against you, because you will end up looking pathetic for bragging about what (to him) isn't such a big deal.

2. A man will be infinitely more impressed by a girl that reveals herself gradually and naturally, than he will be by one that plays all of her best cards at the outset. Behaving this way is attractive because it demonstrates not only humility, but also security and depth of personality. As a man gradually and naturally learns about your strengths (for example, when they come up in the natural course of conversation, or when he asks you about them), he will get the subtle yet strong impression that you are "bottomless," and that you feel no need to impress him. He will be drawn into your depth and attracted by your confidence.

Never Tell a Man Why He Shouldn't Want to Date You

February 28, 2012 | by Andrew | [Link](#) | [Original Link](#)

One of the funniest but wisest quotes I've ever read was from the recent bestselling book & Twitter feed "[Shit My Dad Says](#)." The author recounts a time when he was telling his father about a girl he'd just been on a date with. Dejected, he tells his dad that she is obviously out of his league. His dad replies:

"That woman was sexy...Out of your league? Son. Let women figure out why they won't screw you, don't do it for them."

Of course the advice in this specific instance is about sex and women. But encapsulated in his words is a lesson that many people - men and women - painfully need to learn. Regardless of how bad your situation in life is, you should always hold your head high and illustrate or describe your personal situation in the best light possible. There is simply never a need, under any circumstances, to highlight the negative aspects of your life. There will always be external factors working against you - biology, genetics, social stigmas, gossip, etc. You don't need to contribute to them. Never tell a man why he shouldn't want to date you.

I've been dumbfounded at some of the shit women tell me on dates. It reflects so poorly on them, yet they tell it to me voluntarily. I get the impression that they are trying to be "candid" or "unfiltered," but that intention is only appropriate for people who have nothing in their life that needs to be filtered.

Although there are some situations in which it is necessary to do so, as a rule you should never *voluntarily* talk about or even mention any of the following:

1. Guys that have broken up with you, or any failed relationships
2. Difficulties you have finding a guy
3. How much it sucks being single
4. That you have been raped or physically abused
5. Any bad life experiences you've had (or are having)
6. Family drama (e.g. that your mother despises your father's parents)
7. Your lack of a [social life](#)
8. Your dissatisfaction with your current life situation
9. Your struggles with depression, a disability, or being a single mother
10. How much you hate your job

I am not making this list up. I went on a second date with a girl once who spent the whole time telling me about her parents' ongoing divorce, how crazy it was and how she and her siblings kept fighting. Word-by-word, she painted a hugely unattractive picture of her life, and I lost attraction for her because of it. Another time - before we'd even gone on a date - a girl told me she'd been raped by two black men in college (she was trying to disarm a comment I made about her being "innocent"). I never asked her out.

It isn't as if all negative comments need to be purged from your conversation. It is fine to mention

small things, like "God, it's so frustrating; the seats of my BMW are taking *sooo* long to break in..." or "Argh! I hate this cell phone, it is constantly auto-updating." While these kinds of comments might make you seem frivolous, it is better that *these* are the problems on your mind, rather than your upcoming psychiatric exam or how you can't possibly pay the rent next month. When it comes to big things, keep your mouth shut about anything negative.

If you have serious issues that you think your boyfriend should probably know about, like a serious STD or an alcoholic father, you can and probably should tell him about them - eventually. Bring up the bad things only after he's had a chance to see the positive aspects of your life that outweigh them.

Things to Avoid on Your Internet Dating Profile

March 7, 2012 | by Andrew | [Link](#) | [Original Link](#)

I've spent some time recently trying online dating, and while I can't offer too many rules about what you *should* put on your profile, I see a lot of things that routinely cause me to cringe. Here is a list of ways to avoid them when you are creating or updating your profile (in no particular order):

- 1. Don't post pictures of yourself with hotter girls.** This will only serve as a reminder to the guy checking you out that there is something better out there that he can't get. The crop function in your photo editor exists for a number of good reasons, and this is one of them. Yes, the rule applies to sisters and mothers too.
- 2. Don't only post pictures of yourself alone.** This make you look like a loner, i.e. someone who other people have collectively decided is not worth hanging out with. Also avoid photos of yourself taken by yourself. These are even worse.
- 3. Don't start your profile with a list of things you don't want in guy.** In fact, don't include that list anywhere. This is a universal sign of a bitch. If you even have the *inclination* to make such a list, consider revamping your personality. I have seen smoking hot girls that I would have loved to message until I read their "about me" section, at which point I realized they were high-maintenance, obnoxious and a waste of time.
- 4. Don't start describing yourself by saying how much you hate doing so, or how bad you are at it.** So many girls do this. It sounds insecure and sets a bad tone. And don't be apologetic about your inability on top of pointing it out; this only adds to the effect.
- 5. Don't advertise how much you love your dog.** Men all know (either consciously or subconsciously) that women in their twenties buy dogs as a substitute for male companionship. It makes you look lonely and needy. Post pictures with friends instead.
- 6. Don't post only modeling pictures, or only "artsy" ones.** Any girl can look hot in a photo. Show us that you can look hot normally too.
- 7. Don't have a list of "Don't message me ifs"** This invariably sounds like bragging about how many messages you get, and no one likes this kind of self-aggrandizement. It makes you look vain and high-maintenance. If you are hot, we already know you get hit on a lot and don't need your reminder; if you aren't, we know you are lying and it makes you look pathetic. So either way, don't do it.
- 8. Don't post pictures of yourself looking sad.** There is nothing attractive about them. Nothing. You should be smiling in as many photos as possible. If you have a tendency towards depression or melancholy, he doesn't need to know about it yet.
- 9. Don't post pictures that are too small** or show you at a distance. You might as well post nothing.

10. Don't be too brief in your personal descriptions. Men need something to message you about. If you only write that your favorite things in the world are your mom, your dog and your iphone, he is going to be more or less forced to send you the shitty stereotypical "hey you're cute" message. And it's your own fault.

11. Don't post your favorite pictures of yourself. They are almost definitely not the most attractive pictures of you. Have a straight male friend help you choose them. At the very least, get input from straight men about which picture to set as your profile picture, since this is by far the most important one for attracting new guys.

12. Don't be afraid to show some skin (assuming, of course, that you have the body for it - but be liberal in making that decision). Men don't like whores but they don't like prudes either. Tasteful bathing suit shots are smart, not slutty, and will continue to be until men stop liking sex.

13. Don't fill your profile with cliches. The top-notch guys out there are looking for women who stand out. Beauty will never make you stand out because it is too common and too temporary. Online profiles are plagued with the same lists of likes and dislikes, the same list of favorite books, movies and activities. *Every girl* likes going out on some Friday nights and spending others at home with a movie and a glass of wine. *Every girl* loves her dog and her mom and her friends. *Every girl* wants an intelligent and attractive, confident man. Stop saying these things. Men assume they are all the case anyway. Say something interesting. Everyone is interesting in some way or another, but very few people have the ability to communicate it. Spend some time thinking about this before you start typing.

In general, this post on OKCupid's blog will be hugely helpful in learning what pictures to post: <http://blog.okcupid.com/index.php/the-4-big-myths-of-profile-pictures/>

The Importance of Hair

March 10, 2012 | by Andrew | [Link](#) | [Original Link](#)

Other than your physical fitness, your hair is the most important controllable aspect of your physical attractiveness. Most women know this. I am not a hair stylist, so others can give you much better advice than I about how to make your hair look its best.



However, it is worth underscoring just how critical good hair is to a woman's appearance. Rather than do this by compounding adjectives or superlatives, I want to recount the moment when I learned this for myself.

I had spent the night at my (now ex-) girlfriend's house and she was getting ready for work in the morning. She went into the bathroom to do whatever it is girls do to get ready. After a while, she came back into the room, looking gorgeous. I distinctly remember being turned on to the point that I wanted to throw her back into bed. Actually, I maybe may well have; I don't remember now. But

what I do remember was the epiphany that accompanied the following exchange:

"Did you do your make-up differently this morning?" I asked.

"My make-up?"

"Yeah, your make-up. It looks hot as shit, but something looks different for some reason. It's a more natural look or something. I really like it."

"I'm not wearing any make-up."

"Wait... what?" I asked, confused. "But you look... wait, really? So what were you doing in the bathroom all this time?" I was scrutinizing her while saying all of this, and slowly became convinced that she really *wasn't* wearing any make-up.

"I was doing my hair." She answered. As soon as she said it I could see that it *was* her hair that was making her look so radiant. She'd washed it, straightened it, brushed it and pinned it half-up.

No one doubts how much makeup can improve your look. Hair matters more: don't underestimate the importance of grooming.

Related Posts

1. [How to Improve Your Hair](#)
2. [Hair and Makeup Variety](#)
3. [How to Avoid Looking "Fake"](#)
4. [An Interesting Hair Experiment...](#)

New Domain Name

March 11, 2012 | by Andrew | [Link](#) | [Original Link](#)

I've registered the domain name www.therulesrevisited.com and linked it to this blog. Now, instead of typing in the old address (which will still work), www.therulesrevisited.blogspot.com, you only need to type the new domain name:

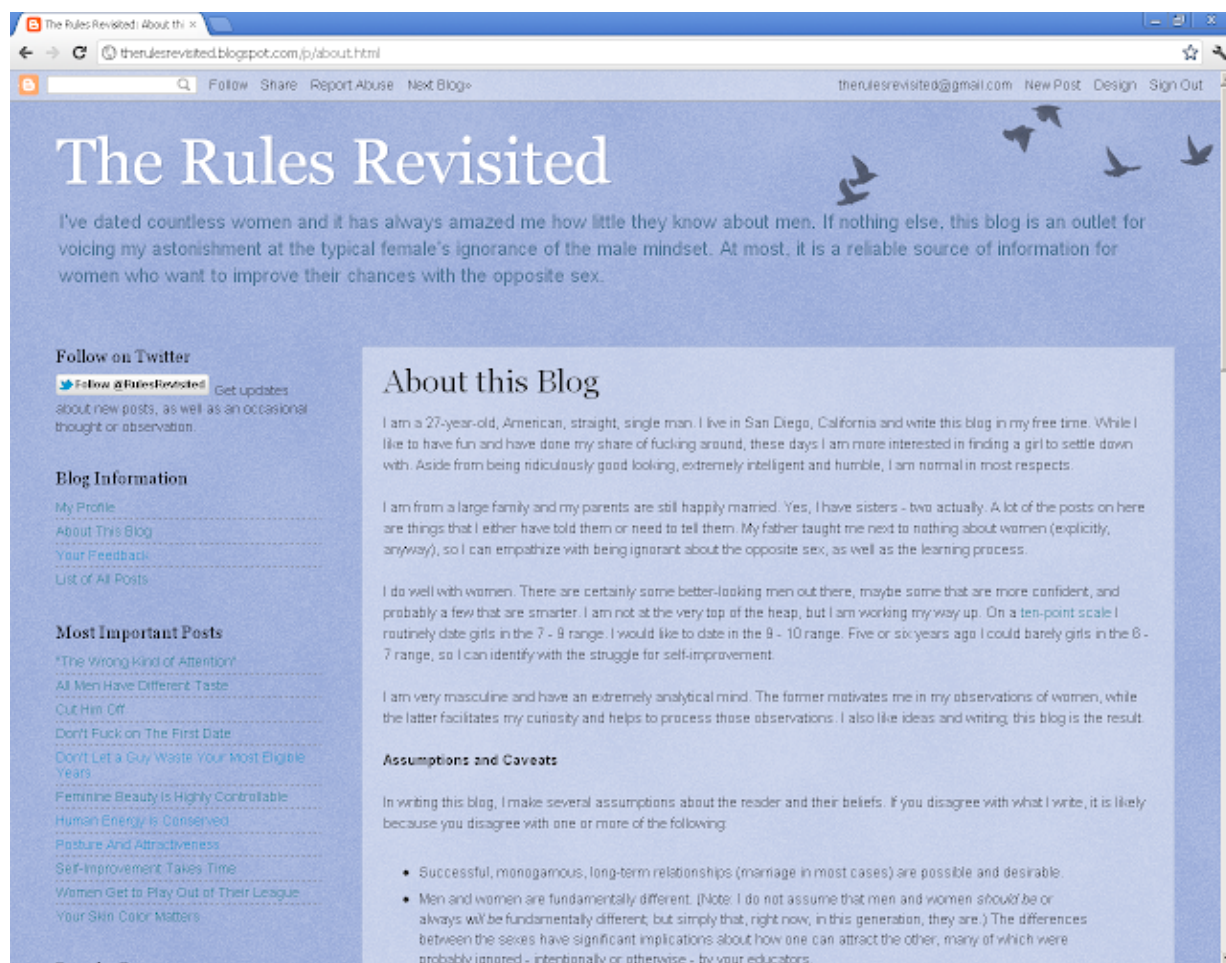
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About This Blog

March 12, 2012 | by Andrew | [Link](#) | [Original Link](#)

I've filled out the [About This Blog](#) page. Check it out when you have a chance.



"Because Of" Versus "In Spite Of" - Illustrated

March 13, 2012 | by Andrew | [Link](#) | [Original Link](#)



Hot **Because of** Hairstyle



Hot **in Spite of** Hairstyle....

Ugly

I've also added the illustration to the original post, which you can read here: ["Because Of" Versus "In Spite Of"](#)

How to Improve Your Hair

March 17, 2012 | by Andrew | [Link](#) | [Original Link](#)



Kate Middleton

I am not an expert on women's fashion, let alone something so specific as hair. However, even the simplest observations about style can be difficult to make in the first person. I have the advantage of being in the third person, as well as being male and therefore having a good grasp of what is attractive to men. Here's what I have noticed about women's hair:

1. Time. This is the most common mistake women make when it comes to their hair. The women with bad hair are invariably those who are unwilling to put in the time it takes to make it look good. I use the term "mistake" loosely, because it is obviously a matter of personal preference. More often than not, "I don't have time" actually means "it isn't a priority." But priorities often change once the relative importance of the viable options is made clear. In this sense, a more important post than this one might be the one I wrote about the importance of hair. I am not interested in giving unsubstantiated moral imperatives, so I won't say that a woman *should* spend a given amount of time on her hair. However, I will say this: if you aren't spending at least 20 minutes a day on your hair, you aren't looking your best. Considering how important hair is to your overall appearance, and how easy it is to control, it makes sense to spend at least that much time on it - assuming you are interested in maximizing your chances with men.



Shakira

2. Length. Long, full hair exudes vitality. It is beautiful, elegant, vibrant, sexy. It is the most prominent and recognizable indicator of femininity, and it transfixes the attention of men. I've often wondered if the story of Samson was originally written about a woman, because a woman without her hair is like a woman robbed her of life-force. Yes, there are a few men out there that claim to like short hair. (I am actually skeptical that they are being honest with themselves. I wonder if they once had a crush on a girl that wore it short, and therefore think they like it on all women). But their number is so low that it is statistically negligible and warrants no attention. Keep the length between your shoulders and the middle of your back, and always err on the long side if you are unsure. Short hair on a woman is like a mustache on a man - while in very rare instances some people can look good in spite of it, they never look good because of it. Only use extensions if they blend so well that other girls have to look twice to realize you are wearing them. Otherwise it will just looks cheap and trashy. Grow it out instead.

3. Color. Just like your clothes, your hair color needs to work with your complexion. Your natural hair color is always safe, but not usually as fun as the alternatives - and certainly not as dynamic (see #6). You also have a fair amount of flexibility in this regard, because your hair is one of the features that defines your complexion. Most hair colors can be made to work, but you need to make sure that you change the color of your clothes accordingly, and stay within the limits prescribed by the other elements of your complexion. I've seen some women who clearly don't understand this concept, and the result is unnatural-looking and unattractive. For example, bleaching you hair does not mean that you also need to lighten your eyebrows, since this is liable to wash you out. Likewise, red hair is not likely to work if you have olive skin.

4. Texture & Style. Most women can successfully pull off a couple different hair textures and at least a few different styles. While both will be somewhat limited by your face shape (see #5), you will still have options within those limitations. Most men prefer women when they wear their hair

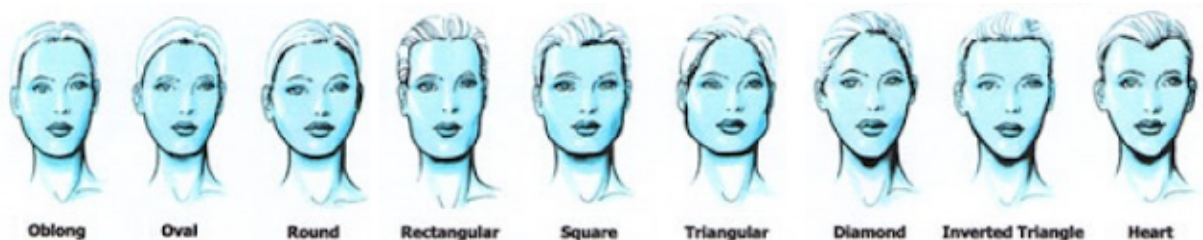
down, but there are some cases when showing off your neck and shoulders (one of the most feminine parts of a woman's body) can outweigh the benefits of wearing your hair down. In any case, I've found that my guy friends all have different taste when it comes to texture and style. Some like frizzy hair, some like straight hair, some like wavy hair. There aren't many guidelines here, except those imposed by your face shape. For example, a hairstyle that flatters your jaw line might be impossible to pull off with straight hair. I will say that, in general, more volume is always a good thing. Full hair is healthy hair, especially if you can maintain the shine after adding volume through curling or some other means.



Minka Kelly

5. Shape. There are all kinds of internet resources for figuring out what hairstyle works best with your face shape and hairline. Use them, but remember the following when you do:

- While the various shapes are broken into categories, some women fall in between two of the categories (in the same way that your complexion might be halfway between a "clear winter" and a "clear autumn"). Realizing this might help you identify your own shape.
- Ignore anything that tells you that a short hairstyle suits you best (see #3). While it may be true that short hair compliments the shape of your face, a hairstyle's suitability to your face is far less important than looking feminine when it comes to attracting men.
- You should consider not only the shape of your face in portrait, but also in profile. Here is a blog post that describes this: <http://www.southernbritt.com/facial-profiles-hairstyles/>



There is an article here:

<http://www.thehairstyler.com/features/articles/hairstyles/the-right-hairstyle-for-your-face-shape> that makes an effort to illustrate the rights and wrongs of choosing a hairstyle. The website in general is interesting: they are trying to create a program with which you can visualize how you will look with different hair styles. While I think they need a lot of improvement on the visualization tools, the website (and the article in particular) at least helps you understand the underlying concepts. You can figure the specific applications for yourself. The general idea is to use the shape of your hair to give the impression of an oval-shaped head. For example, a woman with a square-shaped head would use her hair to round out the "corners" of her face, while a woman with a triangular face should use her

hair to give the impression of added width to the top of her head and de-emphasize the width at the bottom.

7. Cleanliness. Dreadlocks and dirty hair are repulsive. I can't count the number of times my friends and I have seen a girl with dreads and all agreed how much we hated the way it looked. While a negligibly small percentage of guys might mildly attracted to the "look" it creates (hipster, etc.), there is nothing attractive about the hair itself, and I can guarantee you those same guys won't hold it against you if you wash your hair regularly. Your hair is most attractive when it projects an image of health. It does this when it is shiny, and it is shiny when it is clean. Full and healthy hair is an indication that your body is being supplied with the resources it needs to produce such hair (protein, vitamins, etc.), and also that you care about yourself enough to take care of it. Unclean hair implies a poor diet, bad genes, or apathy - none of which is going to attract your future husband. (Note that this does not mean you should necessarily wash your hair every day. In fact, this might do more damage than good in some cases.)

6. Dynamics. One of my favorite things about women is their ability to change their look. By coloring your hair differently or changing its shape and texture, you have dramatic leverage over your appearance. Your boyfriend or husband might like a particular look the most, but seeing the same thing every day is not something that the male mind is programmed to appreciate. If you can figure out a few different ways of doing your hair that he likes, switching among them periodically can offer your man some of the variety that he has given up by being in a committed relationship with you. As with everything else in life, you really only know whether or not something works by trying it out. Without taking risks, you will not improve.

Related Posts

1. [The Importance of Hair](#)
2. [Hair and Makeup Variety](#)
3. [How to Avoid Looking "Fake"](#)

Bars Are a Good Place to Meet Guys: Part 1

March 21, 2012 | by Andrew | [Link](#) | [Original Link](#)

In the comments to [a recent post](#), I suggested that a reader not give up entirely on the idea of meeting guys in bars. Another reader asked why not:

"I'm curious that you suggest not to write off the bar scene entirely. I'd be interested to know your reasons for this and also what kinds of bars to spend time in versus which ones not to."

The way I see it, it shouldn't be necessary to prove that bars and nightclubs *are* a good place to meet guys; this is ostensibly the case: they are full of people of a similar age, looking their best, in a social mood, with no obligations to prevent them from meeting new people and engaging in conversation. On top of all of that, approaching random members of the opposite sex is socially acceptable in bars, to the point that it is almost expected. There is also an unlimited supply of alcohol - the most potent social lubricant.

It is only when you start to look more closely that you start to see some of the negatives:

- A fairly large portion of the patrons are interested in - if not actively looking for - casual sex.
- A lot of guys rely too heavily on alcohol to approach women, and end up being drunk and sloppy.
- It is often too noisy to have a good conversation.
- There is a lot of competition.

The real question is whether or not these negatives outweigh the obvious positives. I don't think they do.

- Yes, a lot of men are looking for casual sex, but if you filter properly, the time you waste on them will be negligible.
- The guys that drink too much are easy to spot and are essentially filtering themselves out for you.
- Noise makes things difficult but not impossible in most cases, and it can be controlled by being selective about where you go.
- The additional competition you'll face in a bar isn't as big of a deal as it might seem, since all men have different taste in women.

Even if these negative points exclude a significant portion of the men in a given bar or nightclub as potential dates, there are still more remaining than you could meet in most other places. In other words, despite the presence of guys that are not worth talking to, you can get more exposure to more men in a short period of time in bars than you can elsewhere.

I'll post [Part 2](#) soon, which will discuss how to choose a venue.

Bars Are a Good Place to Meet Guys: Part 2

March 24, 2012 | by Andrew | [Link](#) | [Original Link](#)

Continued from [Part 1](#).

So if you agree that bars are a reasonably good place to meet men, which ones should you go to? Obviously you will want to hang out in (a) the kind of places that the kind of men you want to meet are most likely to be, and (b) places that you enjoy being. Thankfully, these two criteria will normally point you in the same direction. It is only within these criteria that you should apply the suggestions below:

1. **Avoid extremely loud places**, so that you can have a conversation and get to know the guys a little better than you would otherwise. I suggest places with a rooftop or outdoor section.
2. **Try to go to places where everyone is standing up** rather than sitting down at individual tables. This facilitates interactions.
3. **Go to places with activities or things going on**: beer-pong, go-go dancers, shuffleboard, etc. It is much easier and less awkward for a guy to ask a girl "is that your friend on the mechanical bull?" than to walk up and just introduce himself.
4. **Go to crowded places**. Crowded places encourage proximity, which translates to more interactions and opportunities for guys to approach you. I used to go to this bar that was always packed from end to end, to the point that you could barely walk around. It was a pain in the ass to order a drink, but it was incredibly easy to talk to women because we were literally stepping on each others' toes.

However, far more important than where you go out, is when you go out. If you leave the bar by 11:00 pm or midnight (in the United States), you automatically filter out 90 % of the men who are interested in sex alone. These men usually need alcohol to approach you; and even the ones that don't know that most girls won't be able to overcome the social stigma associated with taking them home until they are four or five drinks deep. So they aren't going to make advances until later in the night. Actually, a lot of them won't even arrive until later in the night, for that very same reason.

This phenomenon isn't entirely a matter of the promiscuous people being in bars late and the prude people leaving early. Like most things, it isn't that black and white. The same guy who might ask for your number sober at 9:00 pm will take you far less seriously if you accept his drunken approach at midnight, in the same way that you will take him less seriously for being drunk. As the night progresses, and so does intoxication; men and women alike change their motivations and expectations.

It isn't easy to walk out early. I am sure a lot of girls (perhaps most) rarely get hit on until after midnight, and that kind of affirmation can be a hard thing to turn your back on. I could even see how in some ways it would be helpful to receive that attention; it could help realize that men *are* interested in you. But if your main concern is filtering the good attention from the bad, leaving early is the best way to maximize your chances of meeting someone worthwhile in a bar.

What You Should Know About STDs

March 27, 2012 | by Andrew | [Link](#) | [Original Link](#)

If your parents or guardians haven't taught you anything about men, they've probably also neglected to teach you about your sexual health. Whether you are planning to whore yourself out, sleep with a few men you love, or only have sex with your husband, it makes sense to learn about STDs. Some are serious enough to pose a real threat to your well-being and others have enough of a social stigma that they are worth taking precautions to avoid. Over the years I've had a couple scares and near-misses with STDs, and have done a lot of research because of it. There is really no reason *not* to know the following:

1. In the U.S., you can safely assume that every sexually active guy you are having sex with has some strain of HPV. The [CDC states that](#) "At least 50% of sexually active people will have genital HPV at some time in their lives." A lot of these strains don't have symptoms, but some are linked to cervical cancer, others to genital warts. [There is an immunization for women that protects against some of the common strains](#). If you are considering sleeping with a guy who has been sexually active, but haven't gotten this immunization, you are either an idiot, reckless, or uneducated. Hopefully this post precludes the latter.

2. Any skin-to-skin contact in the genital region can transmit STDs - Herpes, HPV, probably some other shit too. A condom only prevents the contact of the outside of his shaft with the inside of your vagina. The rest of your genital area ends up touching your partner's, unless you are having really boring sex.

3. Bodily fluids do not need to be exchanged inside the vagina or mouth to transmit an STD. If he has an STD and his hand touches his penis, then moves down to fondle your clitoris or finger you - guess what? If you are having a threesome and he fingers the other girl (who has an STD), then puts on a condom with his unwashed hands, and bangs you while wearing it - guess what? You get the idea.

4. The term "STDs" collects into a single category several things that are hugely different. If you have until now thought of HIV and Gonorrhea, or HPV and Syphilis as the same general type of thing (i.e. something nasty you get from fucking around too much), you are hugely mistaken. Some can kill you, others are merely embarrassing. See #5.

5. A lot of STDs aren't a big deal. I got Chlamydia from the girl I lost my virginity to. In fact, it was transmitted the first time I ever had sex. This was because until shortly before then, I wasn't really planning on being sexually active, so I'd never bothered to educate myself. I freaked the fuck out when I started getting symptoms, only to learn very soon afterwards that it is completely curable, minimally annoying and has next to no health effects, as long as it is treated within a reasonable amount of time. I'd rather get it again than the flu. [Other STDs are similarly mild](#), even if they aren't curable. The pictures you see when you search for information on STDs on the internet depict the extreme, atypical cases.

6. Men will fuck you even if they know they have STDs. I know guys who have done this. While to some it is abhorrent and unthinkable behavior, to others it isn't a big deal. While a lot of people could benefit from understanding just how minor many STDs really are, it is always easier not to get any if you can avoid them, and to do so, you have to look out for yourself. By not fucking random guys, you will eliminate the vast majority of men who are indifferent to your sexual health.

7. No one ever asks guys if they have STDs. Only one woman has ever asked me this before having sex, ever. She was older than me, and therefore probably more confident than other women. You aren't the only one who wants to avoid the awkwardness of asking, though there is probably some prescience in keeping quiet too, since the guys who have STDs but are still trying to bang you would probably lie about it anyway.

8. Women are more affected by STDs than men. The symptoms are often harder to detect, the effects are more severe, and the male-to-female transmission rates are higher than female-to-male. If you apply the same nonchalance to STDs as your male counterparts, don't be surprised when the effects hit you harder.

9. In the U.S., blacks have disproportionately higher STD rates compared to other races. This might be partially because blacks recognize the point I made in #5, and therefore take fewer precautions - I really don't know. Whatever the case, the statistics are unequivocal. Although it is unquestionably discrimination to judge a person based on the color of their skin, you can dramatically reduce your chances of contracting something if you do so. This point is not just directed at white people or Asians. Even if you are black it applies - by sleeping around within your own race, you will significantly increase your odds of contracting an STD.

10. Men are less likely to date you if they know you have STDs. This sort of goes without saying, but you are far more likely to get sympathy or understanding from a guy who has slept around than from a guy who has not. Finding a guy who is (or was) a player might be your best bet. Although then you might need to be just as understanding about his STDs...

Should You Focus on Your Looks or Personality More?

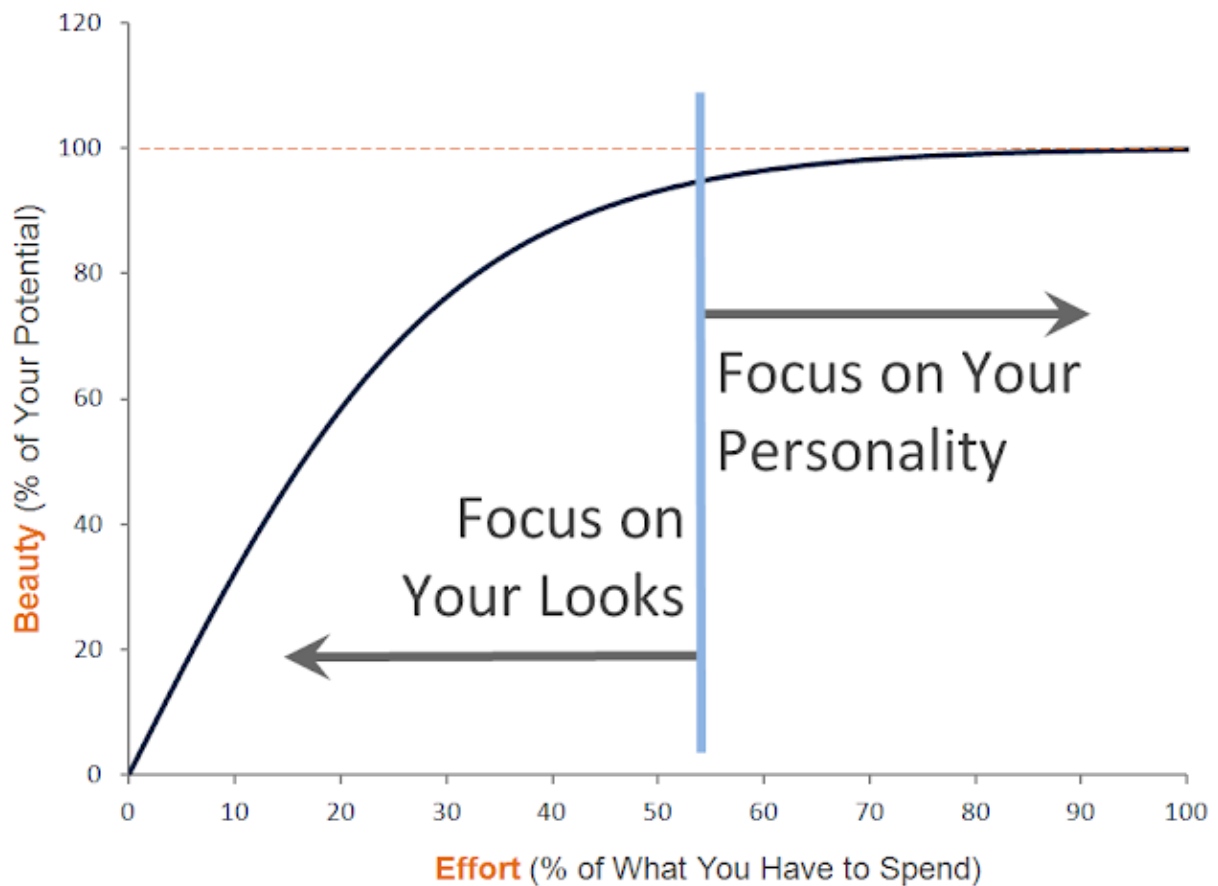
March 29, 2012 | by Andrew | [Link](#) | [Original Link](#)

My audience on this blog is not uniform by any means:

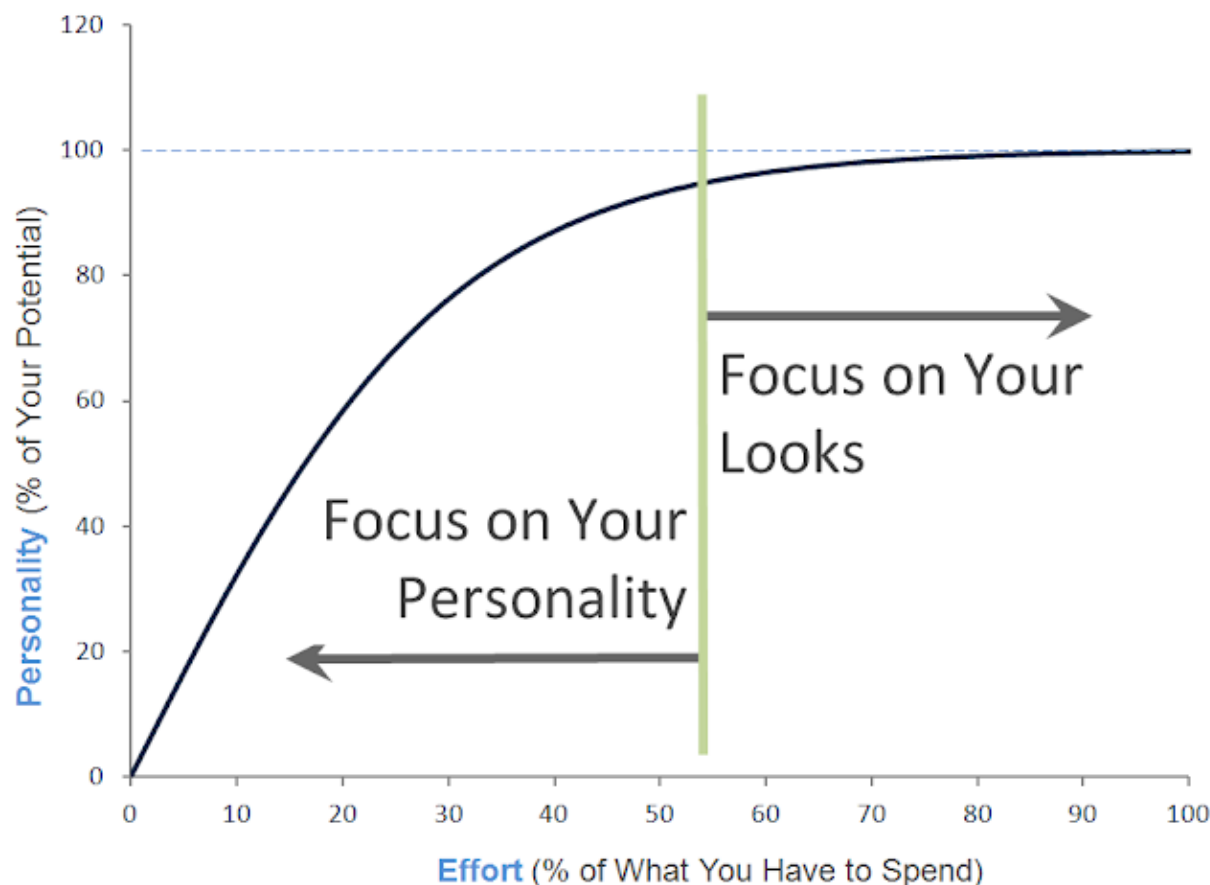
- Some readers are good looking, others are not.
- Some readers are interesting, others are not.
- Some readers are confident, others are not.
- Some readers know how to dress, others do not.
- etc.

The advice that I give is similarly varied. Depending which of these groups (and others) you fall into, different pieces of advice (from this blog or other sources) may or may not apply to you. A girl who already knows how to dress well and look her best should not be scrutinizing every aspect of her appearance, even if I post about it frequently. Those posts are not intended for her. If a girl like this gets rejected it would be an exercise in futility for her to fret about the fact that she wore one top instead of another, or wore heels instead of flats, or put on too much make-up, when the real problem is that she is boring, or is always trying to identify with men, or is a slob. Perfecting some single part of her look is not going to have anywhere near as much of an effect as trying to improve her personality.

The fact of the matter is that improvements in appearance follow a law of diminishing returns. Added efforts produce less and less results. And there comes a point at which it makes more sense to shift focus to the areas of your life that will have a larger effect:



The phenomenon doesn't only apply to appearance. In a similar manner, a girl who has a good personality - who is radiant, fun to be around, nurturing, intelligent, cheerful - a girl like this would be stupid to spend her time harping on the fact that she sometimes feels a little awkward in social situations, or lamenting her less-than-impressive intelligence. Instead, this girl should focus more about her appearance (which was probably neglected while she was becoming an awesome person). In doing so she might realize that her clothes often clash with her complexion, or that her hair doesn't suit her face shape, or that heels make her look sexy - all of which would be far more effective in making her more attractive to men than making some minute improvement to her personality.



Many women will lie somewhere between the states represented by the two plots, depending on how they have invested their time and effort. But when you read advice from this blog - or elsewhere - first understand what type of girl you are and where on each plot you lie before you decide whether or not it applies to you, or to what degree.

(By the way, the 50-odd % location of the dividing line in the charts above is fairly arbitrary, and the shape of the curve will probably be different for every girl anyway. Don't pay much attention to it.)

Be Careful About Wearing Large-Shouldered Tops

April 7, 2012 | by Andrew | [Link](#) | [Original Link](#)



Tops, dresses or jackets that make your shoulders look larger do two things: they diminish your waist and broaden your shoulders. You should always be cautious about wearing them because broad shoulders are unattractive on a woman. It is true that a small waist *is* attractive; but in the same way that wearing short hair to compliment your face shape is offset by the side-effect of making you look masculine, attempting to make your waist look thin by wearing tops with wider shoulders does more harm than good when it comes to attracting men.

Large-shouldered tops were popular in the United States in the 1980s because by that time the effects of feminism had trickled into professional environments, and women wanted clothes (specifically, suits) that made them look more commanding, more assertive - more traditionally masculine. Towards that end, I am sure they were successful; but I am equally sure that they did and still do make women much less attractive. And now, partially out of nostalgia for the fashions of a former

generation, and partially due to social inertia, contemporary style calls tops with "puffy" or accentuated shoulders acceptable, "fun" or even attractive. Don't be sucked into the lie. The truth is that they are always risky, usually ugly and almost never a good idea.

If you think any of the women on the left look attractive, read the post titled "Because Of" vs. "In Spite Of". (All three are in good shape and their clothes fit well in all places but the shoulders.)

Clothes that slightly accentuate the shoulders might be mildly attractive on a girl that does not have a small waist-to-hip ratio; but in general, large shoulders make you look like a man and should be avoided.

Remember: whether consciously or subconsciously, men notice.

Men Don't Have Commitment Problems

April 9, 2012 | by Andrew | [Link](#) | [Original Link](#)

A girl I used to sleep with is now dating a guy who refuses to make their relationship official, and she is constantly complaining to me about his "commitment problems." I've heard this before from other women in similar situations, so let me clarify something: men don't have commitment problems.

Claiming that men have commitment problems implies that men have some kind of commitment obligation. But there is no world view in which men are obligated to resist their desire for female variety and become monogamous. Even though some world views claim that this is a respectable or virtuous thing to do (as some religious views do), most men will not respect that opinion, let alone share it; and the few that do will have to fight their natural tendencies to follow it. By expecting men to commit against their natural inclinations, you are setting yourself up for disappointment.

Men only commit to women they have strong feelings for, and even then they are making a sacrifice. If you find yourself claiming that a guy you like "has commitment problems," be honest with yourself: the truth is that he doesn't like you enough to commit. Get over it.

Claiming that men have commitment problems is similar to men claiming that women are whores because they like a guy that is more successful or confident. Both are wrong, obnoxious, and rooted in self-deception; and both sexes need to stop using them as excuses.

If you suspect that he thinks he can do better than you (but can't), you are not going to bring his head out of the clouds by hanging around waiting for him to change his mind. This will only contribute to his self-delusion. The best thing you can do is to forget about him, move on, and work improving yourself. Then the next time you will be able to keep a guy of that caliber.

The Analogy Between Confidence and Beauty

April 13, 2012 | by Andrew | [Link](#) | [Original Link](#)

Popular magazines routinely publish the results of polls in which both sexes are asked what qualities they are most attracted to in the other. And they routinely discover the same thing: above all other traits, men desire beauty in women, and women desire confidence in men. I am always skeptical of studies based on surveys, but in this instance, observation corroborates the survey results: men really do prioritize beauty in women, and women really do prioritize confidence in men.

While the fact itself might be old news, very few people realize how instrumental it can be in understanding the opposite sex. Typically confusing actions are instantly illuminated in light of these priorities. And you can understand them in terms that make sense to you, by using one of the most powerful tools of thought: analogy.

He | She
wants
Beauty | Confidence

The next time you are confused by a man's actions, try the following: Put his actions into words; then replace all of the masculine nouns and pronouns with feminine ones, and any rephrase any references to beauty so that they instead relate to confidence. The situation will make miles more sense that way.

Here are a few examples:

Example 1: "I surprised him at his office, wearing my new dress, with my hair and makeup done; and even though he was preoccupied with an employee who had just stopped by his office to ask him a question, I could tell by the look in his eye that he wanted to close the door, throw me on his desk and ravage me right there." While you might take it for granted that your beauty attracts him, the fact that you don't feel the same surge in attraction simply because he has a new haircut, a fresh shave and is wearing a well-fit shirt might make it a little difficult to understand his reaction. But consider the analogous situation in which you witness a display of his confidence: "I walked into his office to hear him giving instructions for the week to the project team. They were all listening intently, obviously impressed by his authority and experience. He looked so sexy giving orders and being admired like that. The second they left, I went over to him, grabbed his shirt and

kissed him deeply. He seemed surprised.” While he might not understand how attracted you are by what is a routine occurrence for him, your response is similar to the urge he feels when he sees you looking your best.

Example 2: “We were driving to the party and he started getting on the freeway, but I knew that back roads would be faster. I told him this, and he immediately become annoyed and cold towards me – when moments before he’d been affectionate.” Why would he take such offense to this? After all, when he corrects your driving, you usually take his advice, and he was going the wrong way. The problem is that you’ve effectively undermined his confidence by questioning his judgment. You can understand the effect of this by considering how you would feel if he undermined your beauty: “I’d bought a new dress and had done my hair and makeup perfectly. I knew I looked hot. My husband and I were driving to a party together, when a 20-odd-year-old in a tight dress and heels crossed the street in front of our car. His eyes locked on her and his head turned as she walked across our field of view. Though I’d felt cheerful and affectionate towards him seconds earlier, I immediately felt hurt and distant.” By checking out the girl as she walks by, your husband undermines your desire to be beautiful – and especially, beautiful to him. The hit to your self-esteem is identical to the hit he takes when you question his judgment and thereby undermined his confidence.

Example 3: “Ugh, he is obsessed with looks; he will never find a good girl that is hot enough for him. He’ll end up single.” I expect this sentiment is very common among women. I’ve had it said about me. But you will find just as many men complaining that “She wants a guy that treats her well, but only dates assholes, she deserves what’s coming to her.” Women, of course, realize that they like assholes not because they are assholes, but because they are confident. (They like them in spite of the fact that they are assholes, not because of it.) In the same way, men date women who are boring or stupid, not because they are boring or stupid, but because they are beautiful. The fact of the matter is that men are no more interested in woman’s beauty than women are interested in a man’s confidence.

Example 4: “She dresses kind of slutty, but she still gets much more attention from guys than me; don’t these guys see that she is trashy?” Men are much more likely to look among hot and sexy women for a girl that has a good personality, than to look among nice and friendly girls for one who is attractive. This is because looks matter more than personality to men. To understand this, consider the analogy with confidence: men often say about guys who do well with women “He is so arrogant, but he still gets more girls than me. Don’t these women realize that he is unintelligent and a hot-head?” Women are far more inclined to look for a guy with a good job and at least half a brain among the ones who are confident enough to approach them, than to look among the smart and level-headed guys for one who is confident enough. In the same way that looks trump personality for men, confidence often matters more than personality for women.

Example 5: “She is funny, smart, genuine, cheerful and confident, but I just can’t make myself attracted to her because she isn’t that hot.” Girls are routinely professing their confusion at men’s inability to prioritize what seem (to them) to be the most important characteristics in a potential girlfriend or spouse. The relative unimportance of these qualities will make a lot more sense when you compare them to his confidence rather than her beauty: “He is funny, smart, genuine, cheerful and good-looking, but he is always waiting for me to take the lead, always asks me what I want to do,

and is deferential to other men. I just can't make myself attracted to him because he isn't confident enough." (Incidentally, a lot of men are just as confused by this kind of statement as you are by theirs: "But he is letting you do whatever you want – isn't that a good thing? Why wouldn't you like that?")

How to Deal with Men Who Have Bad "Game"

April 17, 2012 | by Andrew | [Link](#) | [Original Link](#)

I received the e-mail below from a reader recently, and thought it would be interesting to other readers as well. I've polished my response slightly, but otherwise the exchange is unchanged.

Dear Andrew,

First of all, I love the blog, I have nothing but the highest praises for your writing. :)

I have a question for you, which I think many female readers will sympathize...As I'm sure you already know, a lot of attention is being paid to the kind of game a guy needs to get the girls he wants. A lot of this focuses on teaching guys to demonstrate cockiness/confidence and not supplicating to a girl he likes. While I definitely understand the motivation behind this, I feel like these ideas are starting to get kind of over-saturated in the dating world. Now, when I go out, it seems like most guys think that making fun of you is the course. However, I think a lot of guys aren't really sure where the line is between playful teasing and overly sarcastic comments. Case in point, the other night I was at a birthday party and was talking to a guy who approached me. I asked him at one point how he knew the birthday boy, which I thought was a casual question, to which his response was "I didn't realize this was an interview, do you want my social security number next?" It's possible that I was being too confrontational when I asked, but I don't think so, and his comment kind of sucked away the fun, light vibe of the conversation. He kept going with similar comments, and eventually the conversation petered out a bit awkwardly.

My question for you is, how do you think a girl should respond in those types of situations where a guy might unknowingly be going too far? In the past my reaction was to get defensive or annoyed, but I've now realized that that is equally bad and just makes the tone of an interaction terse and negative. I try when I can to respond in a flirty way, but sometimes it's hard not to get defensive or touchy! I know I can't change the behavior of thousands of guys, but I can change my own responses. If there is a way I can show a guy I'm interested and that he doesn't need to do that, but do so in a way that is encouraging and sweet, I would love to know how. Thoughts?

Thanks for your time!

Thanks, glad you like the blog.

I know exactly what you mean about men acting the way you describe, for two reasons. First, because in the past year or so I have actually started to overhear men "gaming" women at bars, and doing it poorly. What used to be a relatively "underground" set of tactics is now being used in the mainstream, and often in a misunderstood and watered-down form. Secondly, I've tried some of it myself, and have said similarly stupid things. The point is, I can definitely answer your question.

Recognize that, ultimately, men are saying these things (and acting these ways) because they have an incredibly deep drive and desire to be with you – romantically, sexually, socially, or all three. And until they discovered "game" they had absolutely no idea how to do so. Women for them were like an enormous and wildly beautiful diamond on display in a museum: plainly visible and even within an arm's reach, but surrounded by security guards and a thick plate of bullet-proof glass preventing them from obtaining it. That kind inability – especially when coupled with such a strong desire – is a powerful and sickening thing to feel. (I describe it briefly in the opening lines of the post [Men Have No Clue Why They Find a Woman Attractive](#).)

At some point, these same men stumbled across a fairly convincing system that promises success with women and isn't impossible to follow – a system that tells them how to remove the bulletproof glass and disarm the security guards (i.e. their own lack of confidence). Of course they are going to try it. But the fact that they are trying it does not mean that they are suddenly naturally confident about confronting you. While "game" certainly gives them more confidence than they had, it by no means eliminates their inexperience or nervousness. So when men say things like this, recognize that the underlying emotion they are feeling is somewhere between nervousness and crippling insecurity.

What goes through their minds is something like this:

Fuck that girl is cute. Good thing I know what to say to make her like me. I'm kinda nervous, but nerves are irrational; I am going to (try to) ignore them. Man this is hard. But OK, here I go, no more pussy shit. I am going to approach her... remember: be cool, confident, calm – say the right thing, don't let her know you are too interested...

[Approach, use "opener"]

OK, that went reasonably well, at least she doesn't hate me... now what? Neg! I need to neg her, that is what [The Game](#) said to do. OK here goes...

[Neg - like the "interview" one you used as an example]

Fuck, she's pissed, she doesn't like me. Do I hang in there? Maybe if I fix my body language she will change her mind. Ugh. Nope. Do I actually walk away at this point? This is humiliating. Maybe I should just try... no... it's over.

[Walk away, make excuses to friends about why it went poorly and take 5 shots to get over it]

Maybe I should have isolated her from the group first. I'll have to go back to that website where I got that line and try something different. I must have said it wrong.

(Notice that the use of the neg is never questioned.)

Of course, not all guys that use "game" are this unsure of themselves. The ones that are more seasoned won't be as abrasive, and you probably won't even be able to pick them out from other men - and why would you want to? – it doesn't mean that their intentions are any more insidious; it just means they weren't "naturals" and have used techniques to overcome their inhibitions. But the guys that you are asking about are basically scarred shitless of you, and are blindly following a set of

rules because that is all they know. While you should admire the fact that they are using the limited tools they have to get what they want, you should also have some sympathy for them, because their situation is fairly pathetic.

But back to your main question: how do you respond? It would be dishonest to them to act as if their "neg" or technique was successful (let alone subtle). But as you've realized, it is equally ineffective to call them out, bite back, or chastise them. Instead, try the following:

1. **Respond negatively but briefly**, i.e. in such a way that they recognize that their words or actions were not effective.
2. **Continue in a light-hearted manner**, as if it didn't bother you (and knowing that their words or actions stem from nervousness will help you to be less bothered by them).

So when he says "I didn't realize this was an interview, do you want my social security number next?" (which, by the way, has "pickup artist line" written all over it – I think I even have seen it somewhere before), do this: pause, look perplexed and annoyed for a second, and then say "no, I was just curious..." then break into a smile and say something like "but if you give it to me I promise I'll send you a money order for \$5,000 tomorrow by noon ;)" Again, the point is to show disapproval but then demonstrate that you'd still like to continue the interaction in a playful way, without the pretense.

Don't be too surprised if some guys react poorly, even to this "soft" kind of reaction. They've read books that tell them they should be the "alpha male," commanding the conversation; and if you take charge like this, they are liable to get upset, feeling like they've "lost." In fact, some guys might actually try to neg you harder. In this case, your best bet is to walk away. You will save your own time and do them a favor by showing them that their line or attitude didn't work. After a couple years trying these tactics unsuccessfully, they will either make adjustments until they are less offensive and do work, or drop them altogether.

"Game" could be just a passing social fad, but it definitely isn't going to pass during our generation, so you will need to be patient with guys on the steeper portion of the learning curve. Recognize that, in the long run, it is helping men get over their fear of approaching you, and this is a good thing for both sexes – even if there are some bumps along the way.

Hope that helps.

Andrew

If you have questions you'd like answered, feel free to e-mail me at therulesrevisited@gmail.com

The Downside of Cohabitation Before Marriage

April 17, 2012 | by Andrew | [Link](#) | [Original Link](#)

Check out this post at [Charming Disarray](#):

<http://charmingdisarray.blogspot.com/2012/04/wouldnt-it-be-nice.html>

From the conversations I've had with my male friends, I can confirm the masculine opinion described here:

"Women are more likely to view cohabitation as a step toward marriage, while men are more likely to see it as a way to test a relationship or postpone commitment."

If you are currently living with your boyfriend, or even just open to the idea of moving in together, this post is worth reading - assuming, of course, that you ultimately want to get (and stay) married.

Men Don't Care About Your Accomplishments

May 13, 2012 | by Andrew | [Link](#) | [Original Link](#)

A woman can brag endlessly about how much money she makes, the deals she's closed, the celebrities she's rubbed elbows with, or the awards she's won: none of it matters to men. This might seem harsh, and it is perhaps slightly hyperbolic; after all, it is fairly interesting to know that a girl is successful at her job, or that she works with someone famous - and an award is always impressive. But none of these things translate into sexual or romantic attraction.

I am sure there are some women who grew up understanding otherwise. Or perhaps, having been dealt mediocre looks and a poor figure, others decided that they would pour their energy into their academic degrees or career rather than their beauty, and then proceeded (not without help) to dupe themselves into believing that men would like them for it. Unfortunately, this isn't the case, as many 30-something single career-women are currently realizing - the hard way.

I used to date a girl (older than me) who would always tell me about how she had just balanced some multi-million dollar budget, or how she was in the throes of closing an important project. And it was undeniably impressive that she reported directly to the CFO of the biggest hospital in the city. By all common standards she was successful. But every time she brought up work I got bored.

Women who try to attract men by being successful are like men who try to attract women by being sweet or gentle. While being sweet won't necessarily ruin a man's chances with women (in some cases it will), neither will it draw her in. Likewise, although a woman's business or academic success won't usually turn a man off (in some cases it will), neither will it attract him. Both of these misconceptions are examples of the sexes projecting their own desires onto the other. It is women, not men, who find career success attractive, because it demonstrates drive, focus, strength, initiative - masculine qualities. Likewise it is men, not women, who find gentleness attractive, because it is a symptom of openness, receptiveness, nurturing ability - feminine qualities. I got bored when the girl I was dating talked about work in the same way that women get turned off when a man starts smothering them with flowers and gifts, or constantly apologizes unnecessarily.

This isn't to say that women shouldn't earn PhDs, or become CEOs, or generally strive to achieve traditionally masculine goals. Whether or not women "should" do something is a separate question entirely from what will happen if they do. There are plenty of reasons that a woman might want to win an award or get a promotion; I am merely pointing out that she would be foolish to do so in an attempt to attract men.

How To Avoid Looking "Fake"

May 16, 2012 | by Andrew | [Link](#) | [Original Link](#)

In the post [You Can Control How Attractive You Are](#), I reiterated the point that most unattractive women aren't genetically unlucky, they just aren't trying hard enough. Recently, a reader brought up a good question [in the comments section](#) of that post: how far can a girl go to fix up herself before she is considered "fake"?

The question is a good one because at first glance, looking fake seems to be what happens when a girl tries too hard. We've all seen girls with caked-on makeup, boob jobs, spray tans and shitty hair extensions; and we're all familiar with the male consensus about them – they look terrible. In fact, you probably don't even need men to tell you this. So how do you avoid it? How do you strike a balance between “not enough” and the “fake” extreme?

The problem with this question is that it is based on a misunderstanding. It wrongly puts “ugly” on both ends of the effort scale, because it presumes that the girls with boob jobs, thick make-up and cheap hair extensions are putting in a lot of effort. This is decidedly not the case. These girls haven't put in more effort than the average girl. Layering on make-up, or sitting in a tanning booth longer than necessary – while it does take more time – is rooted more in confusion than concerted effort.

These women are like a chef who is obsessed with a single spice – salt, or garlic, or thyme, or whatever. True, these spices all have their proper place, and can make a meal outstanding when placed on the right dish in the appropriate quantity. But in excess they destroy all dishes. A woman who layers makeup is like a chef who dumps inordinate amounts of garlic in everything he cooks. Neither the make-up girl nor the garlic-chef understands the concept of moderation or balance. The girl ends up looking “fake” and the chef has every other plate returned by unsatisfied customers. Although there is a certain amount of added effort involved in the additional mirror-time, or the extra crushing and dicing of garlic cloves, you don't need me to tell you that both the make-up-obsessed girl and the garlic-obsessed chef are poor role models.



Sarah Harding

The mistake is a preference for quantity rather than quality. Too much effort does not result in a “fake” appearance, *uneducated* effort does. The chef who understands balance and complimentary tastes has invested orders of magnitude more effort and time in reaching that expertise than the one who simply saturates everything with salt. And the girl who realizes that her natural complexion only works with certain make-up tones, or knows how to suit her hairstyle and cut of clothes to her face and body shape has likewise invested miles more time and energy in her look than the girl who just cakes on extra make-up, or resorts to a boob job to enhance her chest. If you think that “more effort” means “more make-up” or “more tan,” you are spending your smarts in the wrong place – or rather, you aren’t spending them at all.



Nicola Roberts

If you really want to improve your look, you need to become your own stylist. You need to learn how to make your hair shine, and how to add volume in the right places. You need to study your body shape and try different outfits until you know precisely what cut makes your features pop - or subdues them, if necessary. You need to read books on color, and try every shade until you know which ones are your best. You need to learn everything you can about fitness and dieting so that your time in the gym is efficient and your meals compliment your workouts. You need to push your comfort boundaries with different styles, perhaps looking awkward occasionally just to rule out the possibility that your aversion to a certain style is really based in its inappropriateness for you – and not some childhood prejudice. You need to fix your posture and get serious about sleeping right. You need to watch how much you drink and learn how to care for your skin.

I am not suggesting that every girl should obsess over her appearance, but you see what I mean. *This* is real effort – not the “extra garlic” approach, which results in the fake look we are all so familiar with. Be smart about your efforts and, generally speaking, the more effort you put in, the more you will improve your look, not compromise it.

We Have a Shared Responsibility

May 19, 2012 | by Andrew | [Link](#) | [Original Link](#)

I was reminded recently of a comment that I once heard a radio DJ make after he played the Destiny's Child song *Independent Woman*. The song is a kind of self-purported anthem for female independence, and one verse goes like this:

*Question, tell me, how do you feel about this?
Try to control me boy you get dismissed
Pay my own fun, oh and I pay my own bills
Always 50-50 in relationships*

As the song faded out, the DJ scoffed and said something along the lines of "Always 50-50 in relationships? Clearly these girls have never been married, because if it isn't 100-100 in a relationship, sorry, but it isn't going to work." That comment has always stuck with me.

Because most of the posts I write are about the things women should do to please and attract men, readers might get the impression that I think relationships should consist entirely of a woman constantly working to attract and please her boyfriend or husband. While I do think that a woman needs to constantly work to do so, I also believe that a man has the equally onerous obligation of constantly attracting, protecting and providing for his woman. A man should pour as much energy into his efforts as his woman pours into hers. As the radio DJ pointed out, both parties need to be giving 100 % if they want it to work.

Unfortunately (or perhaps fortunately), this blog is not the correct forum for giving men advice about how to make their efforts, which is why it might give some readers an impression of one-sidedness; but I definitely do not believe relationships are a one-way street.

The Female's Internal Conflict

May 20, 2012 | by Andrew | [Link](#) | [Original Link](#)

It is built into our very nature as human beings to have to endure the conflict imposed by the combination of our biology and rationality, our bodies and our minds. For reasons that are beyond our abilities to completely understand, our minds work in such a way that we are driven by pride, while our bodies operate according to their inclinations to reproduce and (presumably) perpetuate the species. These two drives often push us towards opposite goals, resulting in a conflict that is reflected - perhaps at its strongest - in the dating world.

As a woman, your pride wants a man who values you above all other women, one who would do anything for you out of an overwhelming compulsion of feeling. You (like every person) need to know you are valuable and important, which is largely evidenced by feeling wanted.

Your biology, on the other hand, aches for a man who is strong and powerful, unfettered by his feelings, who can protect you and impregnate you with healthy children - children who in turn will survive and reproduce successfully.

But the fact is that men also have biologies that drive them, almost uncontrollably. They desire the most beautiful and healthiest women - those most capable of bearing their children. This means that the men who best fulfill the needs of your pride are those who are farthest below your league, and therefore want you most. But at the same time, almost by definition, the men who best fulfill the needs of your biology are those who are farthest above your league, and therefore want you least.

The reality is that - eventually, after all efforts at self-improvement - you have to choose a man who represents a balance between those two extremes. If you want a man who values you immeasurably, he isn't going to be the heroic hunk you desire sexually. If you want a man who can provide you with perfect babies, he isn't going to want you above all other women - because he probably can have all other women (at least all those at "your level").

Two factors mitigate the apparently unfortunate nature of this situation:

1. **Men are faced with a similar conflict**, and they too have to compromise, meaning that the object of your biological desires has fewer women to choose from if he wants a girl that also loves him as a person. Perhaps more important than the needs of his pride is the fact that he cannot have a woman that doesn't want him. Your best possible partner will be one who recognizes this, values your love for him, and is willing to curb his desire for other women because of it. Still, the fewer options he has to forego, the easier (and more likely) this commitment will be for him to make and maintain.
2. **All men and women have different tastes** when it comes to the opposite sex, so a single woman sits very differently on various men's scales. This is why I've placed "your level" in quotation marks above; is relative to each man's personal taste.

Admonitions not to "settle" are actually admonitions against settling *too much* - against choosing a man that doesn't fulfill one of these two needs sufficiently. In reality, we all settle in the sense that we

settle for a man or woman that fulfills both of these needs, but fulfills them both only partially. No single person can fulfill both completely because the two sets of character traits that do so are (with the above caveats) mutually exclusive.

You Are Responsible for Your Own Romantic Happiness

May 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

I tend to stick to "how to" or observational posts rather than motivational ones, but everyone needs a kick in the ass once in a while. Here is a link to an important post, which men and women alike should read:

| <http://www.rooshv.com/before-sex-after-sex>

The author, [Roosh](#), makes the general point that men and women both need to make an effort if they want to keep a relationship interesting or attract someone in the first place. This quote captures the main idea:

Instead of working towards real change to increase their value, most twenty-somethings instead whine about how life isn't fair and how bad their luck is, as if there is a concerted effort by the overlords of our universe to keep them single and unhappy. You are responsible for your romantic happiness, and no one else. If there is a problem then get off your ass and do something about it, no matter how many years it takes to solve.

If you are dissatisfied with your love-life, and are reading this blog, you no longer have the excuse of ignorance to mask your laziness. Contained in the [growing number of posts](#) are dozens if not hundreds of concrete steps you can take towards attracting a man. You may disagree with some, but if you are a regular reader, you can't pretend that you disagree with them all. Make a list of the few that you think will be most effective and start today.

If you can't do that, or can't take some other concrete step towards [self-improvement](#), then you deserve your own fate. Enjoy being single.

Related Posts

1. [Feminine Beauty is Highly Controllable](#)
2. [We Have a Shared Responsibility](#)
3. [Why You Should Beware of Romantic Movies](#)

Why You Should Beware of Romantic Movies

May 26, 2012 | by Andrew | [Link](#) | [Original Link](#)

Romantic movies, and romantic comedies in particular, are made to play into the supposed ideals of women, not to reflect the reality of relationships. If they did the latter, they wouldn't sell, because the public doesn't watch movies to see what they can experience in everyday life.



These movies, though made to reflect public opinion, in turn help to create or perpetuate the viewers' romantic ideals, and a deceptive cycle is formed. Very few people ever stop to ask themselves whether or not any of these fictions reflect real life. I know I didn't until well into my twenties, and I have acquaintances who clearly still have not.

Yes, Hugh Grant makes you woosy and increases your heart-rate; but how much of that is because he is a bumbling idiot and supplicating push-over who gives in to the courted woman's every wish; and how much of it is because of the romantic setting, the background music, the omission of anything less than perfect, and most importantly, the female audience's wishful thinking that they can have the best of both worlds - namely, a man who is strong enough that he isn't swayed by his emotions, but one who is swayed by his emotions so much that he can't control himself around a woman? This does not exist.

So be careful the next time you watch or read anything about a man or a woman in love - especially if you often find yourself looking for men like the ones you see in the movies. I do think there is a place for movies and novels in society, so I'll stop before this starts to sound too much like *The Republic*; but Plato wasn't entirely wrong to warn us of the pitfalls of fiction...

Smoking and Dating

May 29, 2012 | by Andrew | [Link](#) | [Original Link](#)

There is nothing I hate more than people who are self-righteous about not smoking. Far too many Americans have fallen prey to the excesses of anti-smoking campaigns. They actually get genuinely upset or frustrated when they see someone else making a conscious and educated decision to smoke. So let me preface this post by pointing out that I don't give a shit if you smoke. Do what you want.

I don't smoke. A few months ago I met a European girl at a nightclub in San Diego. I got her number and we went out a couple times. I didn't know at first that she was a smoker, but I wasn't very surprised when I found out - after all, she was European. The first time we made out, I could taste the cigarettes in her mouth, even though it had been hours since she'd smoked one. Because I was trying to have sex with her, I didn't bring it up.

However, the next time I did point it out to her. It would have been dishonest to continue to pretend that I didn't notice it, or that it wasn't a big deal. So after kissing for a little while I stopped and said, "You know, your mouth tastes like cigarettes. I don't like it." She was clearly embarrassed, but I didn't dwell on it. The point was made; there was no need to prolong her embarrassment. We did stop kissing though.

The next time we went out, she informed me that she had quit. I honestly believe that - despite the brief embarrassment - the two sentences I uttered did more to help her chances with men than any other two that had fallen on her ears in her life.

If you are dating a non-smoker, you can be sure that he is repulsed by the taste of cigarette smoke, and probably the smell as well. While some non-smokers might tolerate it, they do not like it. If you are dating and he makes no mention of the fact that it bothers him, you can be sure he is very attracted to you. If he is willing to risk mentioning it, he is probably not very attracted to you.

If you only smoke a couple cigarettes a week, it probably isn't a big deal either way from a smell and taste perspective - assuming you brush your teeth afterwards. But there are many men (in the United States anyway) that are more repulsed by the idea of smoking than they are by STDs or dreadlocks. As absurd as this might be, it is the way it is.

Countless men have told me that they would never date a smoker, and a large number of guys have told me they think it is disgusting. I've never been told by a non-smoker that that he didn't really care if a girl smokes.

Again, I am referring only to guys that don't smoke. Guys that do smoke obviously are a different matter. Most of them don't care if a girl smokes or not. Some might prefer it.

It is worth noting that smoking does facilitate social interaction in bars and nightclubs. You can always go to the smoking area and strike up a conversation almost immediately. But the number of men that want a girl who smokes is negligible.

So like I said at the outset, do what you want. But if you are trying to attract men, smoking isn't helping you.

Get Used to Rejection

June 1, 2012 | by Andrew | [Link](#) | [Original Link](#)

If a man isn't getting rejected by women regularly, he will probably never find one that satisfies him. Because all women have different taste, men need to approach a large number of women that they find attractive in order to find one that reciprocates that attraction. This requires serious balls, thick skin, and persistence. I think most women appreciate this fact.

In general, a man has to get rejected many more times than a woman in order to succeed at dating. When a girl complains about a guy who stops returning her calls, my first instinct is to tell her "You think that's bad? I was rejected more times in the last month than you've been rejected in your entire life. Try being a dude for a week, then come back and complain to me." However, I don't, because I realize that the rejections a man endures - although no less damaging to his pride - are easier to bear in light of the knowledge that he can approach more women in order to find a new girl. A woman has less direct control over new dating opportunities. Although she can improve her chances by making herself more attractive, she can't just approach men at will without being seen as crazy or desperate. She has to wait until another man (that she likes) approaches her. Though she faces fewer rejections, she also faces fewer opportunities, so the rejections she does endure have more impact.

While women typically get rejected when a man walks away after an initial encounter or date, men typically get rejected when they approach. A woman has to have the courage to let the man walk away, while a man has to have the balls to approach in the first place. While men have to become confident enough to approach without knowing how a woman will respond, women have to become confident enough to let a man act according to his true feelings for her, without knowing whether he will stay with her or leave.

So although the nature of rejection is different for the two sexes, it is equally necessary for both. A man gains nothing from staying on his side of the street when a beautiful woman passes on the other; a woman gains nothing from perpetuating a relationship in which she constantly initiates. A man needs to initiate with the possibility of being rejected, and a woman has to let the man initiate, with the possibility of being rejected (i.e. the possibility that he will not initiate). Both sexes have to take risk and face rejection if they ultimately want success.

All of this is to make the point that rejection, while difficult for both sexes, is a necessary part of the dating landscape. You can't avoid it, so get used to it. As I've said before, if you aren't getting rejected, it probably means you aren't dating up to your potential. You are the only one responsible for your dating success. And like in all other aspects of life, you can increase that success by taking risks, enduring rejections, picking yourself back up and trying again.

Related Posts

1. [Why Rejection Is a Good Thing](#)
2. [Why Do You Want Him Back?](#)
3. [How To Ask For Feedback From A Guy](#)

What Men Think About Being Called "Cute"

June 4, 2012 | by Andrew | [Link](#) | [Original Link](#)

A reader recently asked what men think about being called "cute."

I have a very poignant memory of the first time I heard a girl call a guy "cute." It was when I was about 11 years old. My friends and I were out in the playground during recess, and urgently needed to confirm a recent rumor that one of the girls in our class "liked" one of our friends. So of course we went as a group to confront her and her friends to investigate. I forget if the girl in question made the comment, or if it was one of her friends speaking on her behalf, but the salient response was that she thought our friend was "cute."

I was instantly repulsed by the word. I remember thinking it sounded condescending and inappropriate – or, as my sophisticated 11-year old mind phrased it, "like he was a little bunny or something." I remember immediately questioning her use of the word, and making it clear to her that I hated it. Seventeen years later, my opinions haven't changed much, although they have been dulled somewhat by the word's increasingly common use.

Anyway, that was a long way of saying that I think the primal instinct in a man is to dislike or even hate being called "cute," or more specifically, we hate what "cute" implies. Men want to be admired, not adored, and this adjective doesn't exactly reinforce a man's confidence in a woman's admiration. A woman calling a man "cute" is similar to a man calling a woman "nice," which sharply undercuts your understanding that he adores you, or could adore you - or at the very least, that he sees you as a woman who could be adored. It relegates you to the realm of "mildly attractive," in the same way that "cute" relegates a man to the realm of "noted but ignored." Granted, this is not always what a woman means, since "cute" has gradually come to carry more and more weight as a typical descriptor for "attractive." But it is ambiguous at best to men, and still does very little to connote admiration.

This should also explain why "handsome" is a poor substitute for "cute." **If you want to please a man verbally, I suggest trying to express your appreciation for his strengths.** Next time he makes a good observation, try telling him (assuming you really think so) "you are so smart, I would never have thought of that..." Or if you admire his confidence and leadership abilities, tell him (when the occasion arises) how much you love watching his friends stop and listen when he speaks. If you love his physical strength, tell him how you love feeling weak or small in his arms the next time he holds you. Or if you love his confidence, tell him how you wish you could confront people with the same ease that he does.

These kinds of compliments highlight his masculine strengths and your admiration of them, rather than downplay his physical attractiveness, which is about all you accomplish with "cute."

Know Why You Are Dating

June 8, 2012 | by Andrew | [Link](#) | [Original Link](#)

Most of us don't often think of Catholic priests as authorities on dating and relationships (in fact the popular belief is exactly the opposite), but the single most influential conversation I've had about dating was one that I had with a Catholic priest while I was in college. I knew him through my family and hadn't seen him in a while. We were making the standard mundane small talk about how I was liking school and college life, when the conversation took an interesting turn onto the topic of the girl I'd been dating for the last few months. After I told him a little about her, he asked me a very pointed question:

"So do you think you could eventually marry this girl?"

"Marry her?" His question took me aback slightly. "Oh, no, we aren't going to get married... no, I mean, I like her but... well... no... No." It was clearly the first time I had even thought about it, but I knew with certainty that she wasn't the girl I was going to spend the rest of my life with.

"No?" He asked, genuinely confused. "So then... why are you dating her?" If I remember correctly, he actually laughed slightly as he asked the question.

I had no answer for him. The truth was that I just thought she was cute, and she liked me back, so we started dating. But the ridiculousness of my situation was embarrassingly obvious in the very instant he asked the question. I knew that - in light of my certainty - my relationship with her was pointless. Any more time I spent with her was time I wasn't spending looking for someone I could end up with. It wasn't very long afterwards that I broke up with her. Since then I've messed around with more girls than I can count, but I have never dated a girl that I knew I couldn't marry - because ultimately that is what I want.

I worry sometimes when I hear girls saying things like "I want him to be my *first* long-term boyfriend," or when people under the age of 20 get concerned that they haven't had a serious relationship yet. The implication in both examples is that everyone ought to have a string of relationships before settling down. I remember having the same mindset myself at that age. I see it still in some of my friends. This notion isn't the exception, it is the norm. With Hollywood as our vehicle, we Americans have cultivated the expectation of "dating for dating's sake." We seem to believe there is some benefit to attaching oneself emotionally to another person only to tear away again after a year or so, and then repeating the process until eventually becoming jaded, old and single. Granted, no one hopes for this outcome and we have these peripheral ideas about needing time with a person to test the relationship, but in the end of the day, serial relationships do more harm than good.

As unfair as it might seem, this phenomenon is more damaging to woman than men. For many men, the honest answer to the priest's second question is that they want their girlfriend for her beauty and, in most cases, for sex. In many relationships, men don't get emotionally invested - they just get laid for a while. If the girl gets attached in the process, it just means the breakup will be messier. Even when a man does get emotionally invested, it usually occurs more slowly and to a lesser degree.

Sound familiar? If the countless e-mails I get from readers, or my female friends' stories and my own experience are any indication, you know what I am talking about.

Relationships are tough. Breakups are no joke. Yes, the initial thrill of a new relationship is exciting, but each time that excitement grows less and less because you grow accustomed to it. You gradually throw away the innocence that allows for deep emotional attachment to a single partner, in exchange for a series of brief, shallower attachments that cause you to raise your defenses against something permanent. What doesn't end in permanency is bound to end in heartbreak, and if you eventually want to get married, you are doing yourself a disservice by ignoring that fact in the interest of "not over-thinking it" or "living in the moment." While emotional risk is important and necessary in order to find someone you really connect with, dating with no objective is nothing short of reckless.

So before you get involved with someone new, make sure you know what you are looking for - and more importantly for women, what *he* is looking for. Know what you want from him, and make sure he is on the same page. If you both just want to hook up, great. If you both need a quick rebound, go for it. If you both want someone to settle down with, count yourself lucky. But if you don't know what you want or he doesn't share your motivations, you risk wasting your most eligible years, sustaining emotional damage, and giving away a piece of yourself that you then can't offer to the man you do stay with.

If you liked this post, you'll definitely like my book, Beyond the Breakup. This post has been expanded and rewritten as a chapter, along with other chapters that explain how to think about dating and relationships in a way that will help you attract solid, confident men.

"The Difference Between" and "The Difference Among"

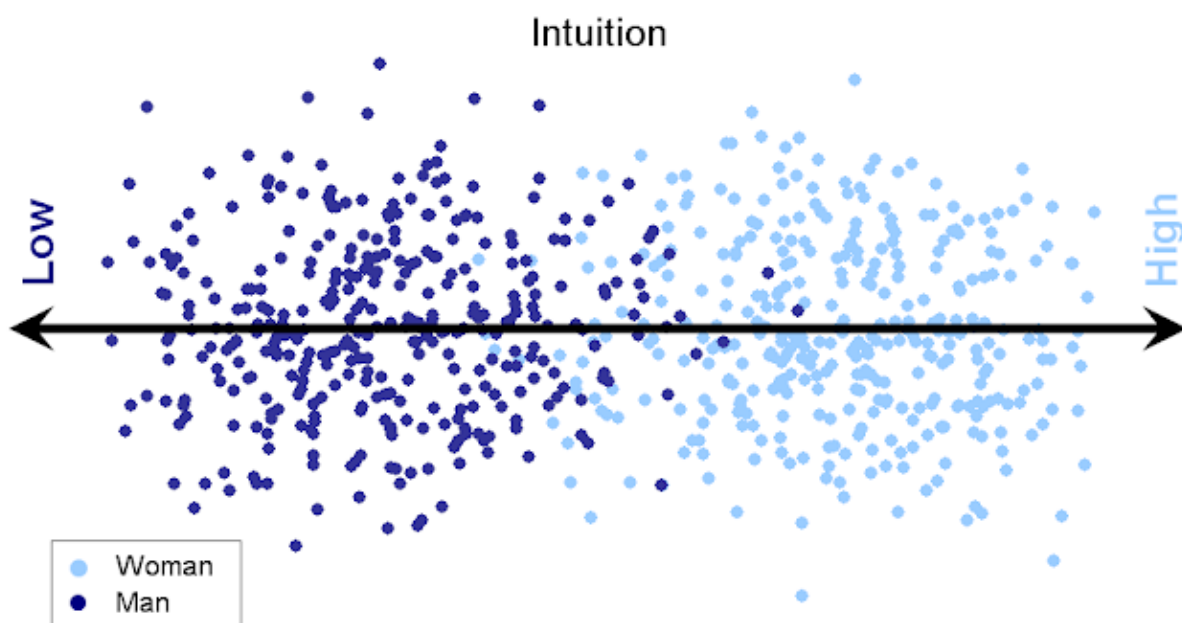
June 13, 2012 | by Andrew | [Link](#) | [Original Link](#)

Many people's understanding of the differences between the sexes is plagued by a single misconception, namely, that the difference between the sexes is greater than the difference among either of the sexes. This misconception can severely limit your chances with men, so it is worth acknowledging and correcting.

We are all familiar with the stereotypes of the sexes' various capabilities or character traits: men are physically stronger than women; women are more intuitive than men; men are more independent than women; women are better at multi-tasking than men; etc. Few of us would dispute that these stereotypes are accurate.

Yet all of us have seen instances that disagree with these stereotypes in varying degrees. I've met a few women that could easily kick my ass and plenty that can beat me in sports; we've all encountered incredibly effeminate men, or women who are domineering and independent.

If you plotted each man or woman's "rank" with respect to a given character trait on a linear scale, you would see a large amount of dispersion or "scatter" in the data. For example, a plot on the intuition scale might look something like this (each point represents a single man or woman):



(Note that the vertical dispersion of the data is just used to better-illustrate the horizontal dispersion)

Similar plots could be made for all kinds of characteristics:

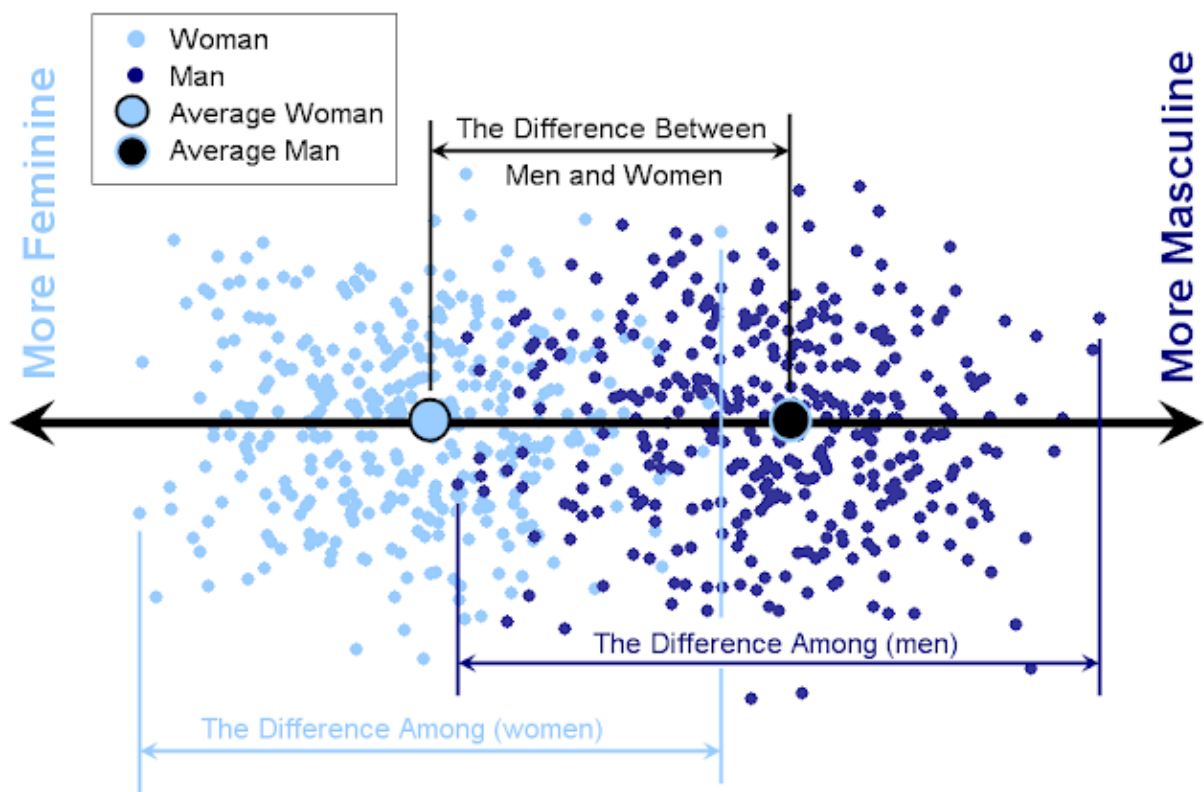
- Height
- Physical strength
- Sex drive

- Risk aversion
- Sexual promiscuity
- Independence
- etc.

On this blog I make a lot of statements about men and women, about masculinity and femininity, and about the effects of these dispositions on male-female relationships. Understanding these differences is important – critical, even – in learning how to dispose oneself towards the opposite sex. But it is equally important to keep in mind that these differences are only the differences between the averages. Not all men and women will conform to these stereotypes, and it would be a mistake to insist that because some do not, they are not “real men” or “real women,” or to ignore them in your attempts to attract the opposite sex. Be aware of this while reading this blog and others.

For example, I might make a statement like "Men desire sex more than women," and this is perfectly true when you look at the average man and the average woman. But it is just as important to recognize that you may encounter men that are less sexually driven than most women you know, or women who are hornier than any guy you’ve ever met. More importantly, you may not conform to the female stereotype yourself, which would probably mean that you would benefit from looking for a guy who doesn’t conform to the male stereotype (in that respect) either.

The following plot illustrates how a random group of men or women might fall on a masculine-feminine scale – which can be thought of as the combination of a large number of character traits.



Notice that the difference between men and women with respect to the masculinity-femininity scale is actually smaller than the male or female variance on the same scale. Again, the difference *among*

men or women is larger than the difference *between* them. If you ignore this fact, one of the following could result:

(a) By only paying attention to the stereotypical male, you might miss out on a type of guy that is more appropriate for you than the stereotype – a better match.

(b) In the course of trying try too hard to conform to the stereotype of femininity, you could deny your natural inclinations. Although your natural self may not attract as many men as your stereotyped self, it may attract more of the kind of men you are interested in. (Though be careful not to confuse your natural inclinations with social pressure – for example, the pressure to succeed in your job.)

So while you are thinking about or reading about the differences between the sexes, remember that, in most respects, **the difference among is greater than the difference between**; and this in turn means that the guy best for you or most attractive to you may be somewhere closer to the limits of the “scatter” rather than the average when it comes to a particular personality or physical trait.

Related Posts

1. Femininity, Authenticity and Compatibility
2. Men and Sexual Variety
3. The Analogy Between Confidence and Beauty
4. The Analogy Between Sexual and Emotional Support

Men and Sexual Variety

June 24, 2012 | by Andrew | [Link](#) | [Original Link](#)

I recently met up with a friend for a couple drinks at a local bar. Part of our conversation went something like this:

Me: Good to see you again man, you haven't been out in forever.

Friend: I know, my girlfriend is away for the next couple weeks, and I was getting bored of being home alone.

Me: Oh yeah, how are things going with her?

Friend: It's good man, I just don't know... it's been a year and I'm starting to get kinda itchy.

Me: Yikes, you should probably go get that checked out.

Friend: HA! No, no, not itchy as in herpes, itchy as in restless. My eyes keep wandering. I keep wondering if I should end it and look for someone else.

Me: Oh OK, gotcha... but wait, really? From what Greg [his roommate, a mutual friend of ours] tells me, she treats you like a king.

Friend: Dude, no, it's true - she is awesome. She does everything I can possibly want. She never says no to sex, she cleans my apartment, she cooks food for me, she is fun to be around - everything.

Me: Sounds like a keeper. So what's the problem?

Friend: I want to fuck other girls.

Me: Ha! of course you do, you are a man; you're always going to feel like that.

Friend: Arghh, man, I KNOW. But it is really bothering me. I mean, she does everything I want. She wakes up before me in the morning to cook me breakfast, she cleans my room for me - she even cleans Greg's room sometimes. I tell her to give me a blowjob, she gives me an amazing blowjob. I tell her I am going to put it in her butt, she just asks me to use extra lube. She picked me up from the airport recently wearing a thong and an overcoat, then we fucked the second we walked in the house.

Me: Damn, that is awesome... I've never really had a girl like that.

Friend: I know man, but even with all of that, I still want to fuck other girls. Like, I would even fuck a girl less hot than her, just for the variety.

Me: Yeah... I know exactly what you mean, sometimes you just want something new. Even a smoking hot girl gets old after... well, not even after very long, you know?

Friend: Yeah man, seriously! You always have those illusions of 'the perfect girl' - the one who you'd always be happy with and attracted to, but the fact is that the illusions wouldn't last; eventually you'd get used to her too.

Me: It's that animal instinct, man. When the hunt is over the thought of a new body starts to creep into the back of your mind - a new body with new curves, new hair and new lips... we are wired to feel that way. If men didn't want to fuck as much as we do, humans wouldn't have evolved anywhere near as quickly as we have. It's just our genetics trying to propagate the species.

Friend: Exactly. Gotta spread that seed! Hahaha, I'm just thinking about doing what mother nature wants me to do. All natural, baby.

Me: Hahah yeah but I mean, the thing is, cheating on your girl isn't going to fix the problem, it is just going to postpone it. You'd get a new girl and start to feel the same restlessness with her too.

Friend: Yeah man. I guess you are right, it just kinda sucks.

Me: Well, yeah it sucks, and at this point in my life I avoid that problem mostly by avoiding relationships in general. But I like to think that there is a girl out there that I'll like enough that I will be willing to suppress those instincts for - at least enough to get over that initial difficulty. I haven't found her yet, but it's conceivable someone like that exists. I think you just need to decide if your girl now is "that girl" for you.

Friend: Yeah maybe that's true. We'll see what happens.

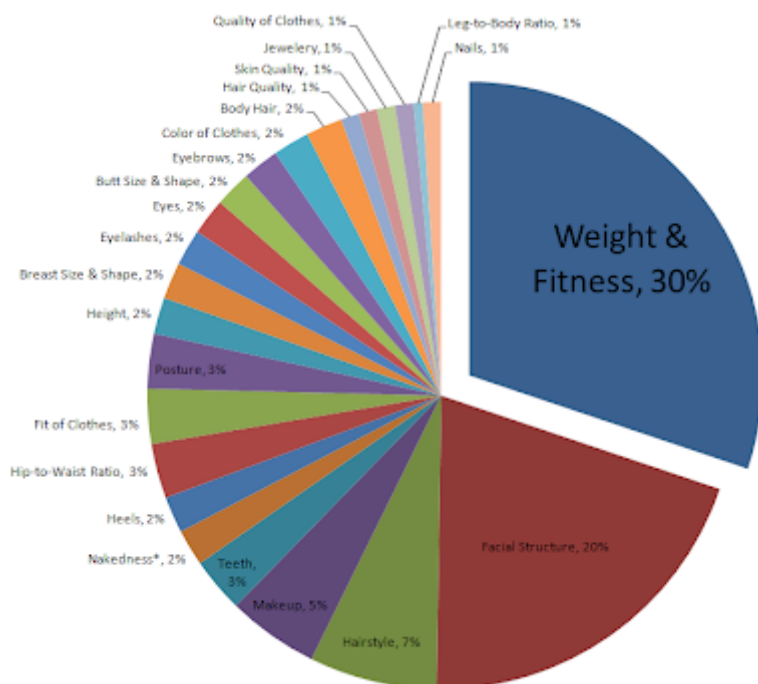
I am sure some women would try to attribute my friends' restlessness to his girlfriend being too easy or boring - and there might even be some truth to either or both of those suggestions. However, the fact remains that men will always want to have sex with multiple women. Most men successfully hide this from their wives or girlfriends (out of respect for them), and a good number of men will never act on those impulses, either because they don't know how to, are afraid of what will happen if they do, or because they realize that their sexual impulses are never going to go away, so they learn to live with and control them. But all of us feel that drive.

Related Posts

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3. [What Men Think About Your Sexual History](#)
4. [The Female's Internal Conflict](#)

What Men Think About Your Weight

July 4, 2012 | by Andrew | [Link](#) | [Original Link](#)



Components of Feminine Beauty by Attention Deserved

When it comes to attracting men, your physical fitness matters - a lot. In [another post](#) I ranked it the single most important aspect of your external attractiveness to a man. Few men or women will deny this, and it isn't my point here to dispute the minority that does, or to belabor the point to those who already acknowledge it (see point four below). Instead I want to point out a few things that women might *not* realize about their weight:

1. Shape matters more than size. We're all aware that some women seem to have great figures despite being a little larger than what most consider ideal. This is because a woman's proportions matter more than her overall weight; her shape matters more than her size. Her waist-to-hip ratio, or breast and butt shape or size relative to the rest of her body can be attractive to a man despite the fact that she is "overweight." Being concerned about your weight or BMI is important, but it is only half the picture. You will be able to get away with being a bit heavier than most if you have good curves. You won't be *more* attractive because you are heavier than most (i.e. you'd still look better if you slimmed down), but you don't need to do it to be attractive if you have the right shape. (Incidentally, in-shape black women blow away the competition when it comes to having great figures, which in most cases completely compensates for imperfect hair.)



2. Shape matters more than size - up to a certain point. There are limits to the above-described phenomenon. While it is difficult (if not impossible) to quantify "a certain point" in terms of weight or even BMI, I can say this instead: women like Nicki Minaj are pushing the limits already, and are able to do so because they have great proportions. You'd be unnecessarily harsh on yourself to judge your body based on weight alone, but some women recognize the above phenomenon, and then wrongly excuse their size based on comments from friends that they have a "Kim Kardashian ass" or a "Beyonce butt." Comments like this are usually made by friends who are more interested in making you feel good about yourself than accurately describing your figure. While occasionally they will be sincere, you should think twice and make a strong effort to be honest with yourself before believing them.

3. Men don't need Victoria's Secret models. In the same way that you don't need a guy who is as daring, strong, attractive and clever as James Bond, men don't need a woman with a perfect body to be aroused - even wildly aroused. Most of us know that the models we see in the media are unrealistic and only portrayed at their best (just like you know that men like James Bond don't really exist). Furthermore - and more importantly - a woman in the flesh is far more real and immediate than a woman on a screen or the page of a magazine, and this immediacy translates directly into sexual power. In this sense, the advantage that the "girl next door" has over these "fantasy girls" is huge. This happens to be one of the reasons that men don't fall *more* easily into pornography addiction, but it also means that what you consider severe inadequacies are really not as severe as you think.

4. Your complex about being overweight is more unattractive than being overweight. Yes, your weight matters, but freaking out about your weight is much less attractive to a man than a few extra pounds. Within reasonable limits, an unhealthy body is preferable over an unhealthy mind. Obviously if you are pushing 300 lbs, no one will take the time to appreciate your healthy mind; but if you get to 110 lbs only by taking becoming obsessive about your weight, you aren't doing yourself a favor.

As physically attractive as a girl might be, being bulimic (or otherwise anorexic) is so internally unattractive that she will always struggle to keep men, even if she doesn't struggle to attract them initially.

5. Your figure is significantly defined by your posture. If you get down to the perfect shape and size, you can still fuck it up entirely by having bad posture. Likewise, if your figure isn't perfect, you can still get the most out of it by improving your posture and holding yourself as well as you can. To this end, high heels will be your best friend.

6. You won't lose weight unless you want to. I am a firm disbeliever in laziness. Instead, I believe in knowledge and preferences: lazy people aren't people who lack the ability to motivate themselves to do things that everyone accepts as "good" or "right"; they are people who have different priorities, either due to ignorance or a differing opinion. A woman who works out all the time values her long-term fitness more than the short-term pleasure she gets from munching on snacks all day, or feeling full at mealtimes. If you struggle with managing your weight, it could be because you don't care what you look like (to some degree). But more than likely, it is because (a) you don't realize how much benefit you'd get from being thinner, or (b) you are short-sighted, such that you see more value in the short-term pleasures you get from eating than in the long-term pleasure of being in shape. Once you realize how much your weight matters when it comes to getting what you want in life (i.e. a man), or look into the future far enough to see that you will never be attractive unless you sacrifice the momentary comfort of satisfying your appetite completely, your priorities will shift, and you will spend more of your energy on your fitness - willingly.

7. Cardio isn't everything. If you want to lose weight you need to burn calories, running or using the elliptical machine is not the best way of doing this. Weight training burns essentially the same amount of calories, but also increases your metabolism for about an hour after your workout, which then continues to burn an additional 25 percent of the calories you burned during the weight training itself. Not to mention weight training is a much better way to shape and tone your body. Girls almost categorically avoid weights, and they are retaining pounds because of it.

New Look

July 8, 2012 | by Andrew | [Link](#) | [Original Link](#)

I changed the look of the blog a bit. It still isn't quite what I want it to look like but it's getting there. If anyone has any comments or suggestions about the feel or readability of it, I'd be glad to hear them.

No, You Can't Be "Just Friends"

July 24, 2012 | by Andrew | [Link](#) | [Original Link](#)

I've lost count of the times girls have tried being "just friends" with me after I've called off the relationship. It's happened after one-night stands, it's happened after dating girls for a few weeks, it even happened after having a serious girlfriend. And I know this isn't only something I've experienced. Girls try this with guys all the time. It is a final grasp at the remnants of the commitment that they worked so hard for. I am sure some guys try it with girls that dump them too, but in general I think women struggle with cutting ties more than men. It is a struggle that is analogous in some ways to a man's reluctance to make ties with a woman.

Whatever the case, "just being friends" is simply not a viable way of relating to a man or woman you've been emotionally or sexually intimate with. The severed emotional ties between you will prevent you from relating to each other in platonic ways for a long time to come - perhaps forever. This is something that we all know instinctively, whether or not we admit it to ourselves in the face of a failed relationship. Trying to be "friends" is a recently-dumped female's way of saying "I am not ready to let go." However, in some occasions, the male ending the relationship will suggest it. If this happens to you, know that this is a male's way of saying one (or all) of a few different things:

1. "I'm over the relationship but I like getting laid a lot, and it will be a lot of work to get that kind of steady pussy elsewhere. Let's keep having sex but without the commitment. We'll call it 'being friends.'"
2. "I don't want to be in a relationship with you anymore. I don't expect that being 'just friends' will actually work, but I know this break up won't be easy for you, so I am suggesting being friends in an attempt to soften the blow."
3. "I am on the fence about our relationship, but I am too much of a pussy to break up with you completely, even though I know nothing productive or emotionally healthy can come from staying in touch."

It definitely does *not* mean this:

Let's have a completely platonic relationship in which we ignore the feelings we had for one another, and even the ones we still have. I'll talk casually to you about the girls I'm dating or sleeping with, because the fact that we are "just friends" means that it won't hurt you at all to hear how replaceable you are, and how much I've moved on in such a short time.

We won't need to worry about the temptation to have sex with each other, because once we become friends, any sexual attraction that existed will die instantly. Once we are "friends" we will immediately start seeing each other like ugly, wrinkled old men and women.

Oh, and also, most importantly: the "just friends" thing will be especially workable because my future girlfriend or wife will be overjoyed that I am still great friends with an ex. Women never get jealous of one another - you and she will probably be close friends someday.

It just doesn't work that way. So if a guy dumps you and says "let's just be friends," or suggests that you stay in touch, recognize that what he really means is one of the three numbered statements above, or some combination of the three. If, after being dumped, you find *yourself* tempted to convince your

ex to be "just friends" or to "stay in touch" (because he still "means a lot to you"), acknowledge the fact that you really just want to hold on to some fraction of what once was, even if it is nothing like a real relationship and will actually hurt you in the long run. Be strong and cut him off.

If you liked this post, you'll definitely like my book, Beyond the Breakup, which explains everything you need to know about dealing with you ex: what he's thinking, what is motivating him to stay friends with you, how to maximize your chances of getting him back, and how to focus on your future if that doesn't happen.

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Katy Perry is Brainwashing Women

July 30, 2012 | by Andrew | [Link](#) | [Original Link](#)

I recently watched the music video for Katy Perry's song *Part of Me* (I was just hoping she would look hot in it).

I was sorely disappointed by her looks in the video, but more importantly, the story line also bothered me. It didn't take me long to realize why...

After apparently being cheated on, Katy Perry dumps her boyfriend (which is smart), and then decides to overcome the emotional pain by cutting her hair, joining the military and being "tough" and independent. I am hoping the not-so-subtle message of the video is less catchy than the song (which is still stuck in my goddamn head...), because it essentially says "if you are hurt by a man, an appropriate and liberating response is to de-feminize yourself."

Nothing could be further from the truth. No reaction to rejection will damage your chances with other men more (especially if you cut off your hair like she does in the video). A woman who responds to rejection by becoming more masculine is like an athlete who responds to a difficult loss in sports by intentionally injuring himself or skipping trainings and practices - it is absurd. The athlete damages the body or lose the skills that made him a competitive athlete in the first place, just as like Katy Perry throws away the disposition and looks that attract men the most. She gains her personal independence at the expense of attracting men. That is to say, by throwing away her femininity and closing herself to male companionship, she sacrifices the potential for long-term happiness in a good relationship (however difficult it might be to find) for the momentary happiness of personal "liberation."

When a message like this is surrounded by a catchy song and a flashy music video with a famous celebrity, it is inevitably romanticized, and the message can be difficult to divorce from its medium. Be careful about getting sucked in.

Femininity, Authenticity and Compatibility

August 6, 2012 | by Andrew | [Link](#) | [Original Link](#)

I was on a second date last week, and towards the end of the evening the girl told me "You know what I like about you? You don't ask me what I want." I laughed because although I knew what she was trying to say, it sounded like "I like you because you ignore me." So she clarified: "No, I mean, like when it comes to where we are going or how we are getting there, you are decisive and know what you want. You always check to make sure your decision is OK with me, but you don't need my opinion to have your own. Other guys will constantly ask me what I want to do, even though I really don't care; and then it is just awkward because we go back and forth trying to 'let' each other decide - but I don't want to have to make the decisions."

This girl and I are compatible (in this sense, at least) because I am decisive and comfortable with being in control, while she is laid-back and likes to be taken care of. In this respect, I am very masculine and she is very feminine. We work together. If I didn't take charge and wasn't as decisive, or if she wanted more input than I offered her, we would have problems.

Years ago I used to think that women would like me if I bowed to their every wish. I would constantly fight my natural inclination to take charge in an effort to accommodate the girl's desires - which is probably exactly what my date's previous boyfriends and dates were doing. Like them, I would try to let her choose the time of the date or the restaurant, because I assumed that she cared. And this usually led to the kind of awkward back-and-forth she described. The reality was always that I knew exactly what I wanted to do for the date, but I was so wrapped up in wanting to please her, and so wrong about what she really wanted from me, that I repressed my urge to follow my masculine instinct to take charge.

I say all this in order to draw an analogy for women: in the same way that I didn't realize that women wanted me to let my masculine tendencies govern my interactions with them, **many woman don't understand that men want women to let their feminine instincts guide their behavior.** By feminine instincts I mean - among other things - a woman's desire to be taken care of, to be protected, to feel small, and to be desired or wanted (rather than self-sufficient). Men love these things about women because it gives us an opportunity to be in control, to protect, or to feel strong and self-sufficient - in other words, to exercise our masculine selves. By suppressing those instincts, you fight your nature and thereby inhibit your ability to attract, love and be loved by a man.

Many women either project their own desires onto men and assume that men want women to be (for example) decisive, powerful and goal-oriented, or else they believe these things because we are all told them by the undercurrents of feminism in modern American culture. However the seeds of these ideas are planted, the result is the same: these women mask their authentic, feminine selves due to misinformation about what men want.

A simplistic understanding of the advice I offer on this blog would be "be more feminine and you will attract more men." Although this isn't a misunderstanding, it falls short of capturing the whole picture. Women are all feminine in varying degrees (just as men are masculine in varying degrees).

Not every woman is the archetype of femininity, and it would be inauthentic for those who are less feminine to force themselves into the strictest "female" mold. However, it is just as inauthentic for a woman to suppress the natural feminine instincts that she does have.

So a better understanding of the advice I give on this blog would be "Allow your natural level of femininity to pervade your personality." If your experience is at all similar to mine, allowing your true sexuality to "drive you" will make you feel much more comfortable with yourself in your interactions with the opposite sex. The interactions will feel more easy and fluid, because you will be acting more in line with your natural instincts. Furthermore, you will start to attract men who are more naturally compatible with you. If you are less feminine, you will attract men that are naturally less masculine, and you will compliment each other better than if you tried dating an extremely masculine guy. Or if you are very feminine, you will stop attracting men who aren't masculine enough for you. You might find that you date fewer men (though I doubt this), but your dates will be more successful and "chemistry" will occur more frequently.

One word of caution: don't confuse "authenticity" with laziness or fear. Not wearing heels because you don't want sore feet shouldn't be excused by telling yourself you "aren't feminine enough" to wear them. Likewise, you shouldn't hide behind unflattering clothes by telling yourself you are a "tom-boy" or that they just attract "the wrong kind of attention," if the truth is that you are afraid to step outside of your comfort zone by wearing sexier, more feminine clothes.

Some Older Women Are Smart

August 8, 2012 | by Andrew | [Link](#) | [Original Link](#)

"You want to check out *Vin de Syrah*?" I asked my brother, as we walked up Fifth Avenue.

"Yeah sounds good. I liked that place last time."

"OK, but I need to piss pretty bad... let me run into *Seersucker* right here and use the bathroom, then we'll go."

Seersucker is a newer, swankier bar in the Gaslamp area of San Diego and has quickly become a popular place for people in their thirties. The crowd is generally a little classier and more mature than in most of the surrounding bars and nightclubs, but the women are usually older - even though they know how to dress and present themselves well.

I knew we'd only be in there a few minutes, but as we walked through the crowd towards the bathroom I couldn't help but to scan the crowd for girls. Two immediately caught my attention. They were both attractive, and although I could tell that they were probably a couple years older than me, one was definitely my type. She had long, black, straight hair and light skin, with dark eyes and a wide smile. More importantly, she was wearing a small, tight cocktail dress and high heels. There was no way I could leave without at least trying to talk to her.

In the bathroom I asked my brother "Did you see those two girls? The dark-haired one had a slamming hot body. She looks a little older than me, but she is gorgeous, and that dress and those heels are ridiculous. I just want to talk to her quickly before we leave."

On the way out I walked over and said hello and started talking to them. They were friendly, and we had a fun conversation. A couple times I took a natural opportunity to look down at the dark-haired woman's body, and I almost had to stop myself from drooling. It was impeccable. I wanted to tear off that tiny dress and handle her small, perfect, frame. After seeing the girls up-close, though, my suspicion about their age was confirmed. When they asked about my brother's and my ages, I asked them how old they were. The one I liked was 29 and her beauty was clearly starting to fade. Five years ago should would have been a ten. That night she was probably about an eight.

Our conversation was interrupted by another guy who wanted to talk to the girls. He had zero game, and the interaction turned awkward quickly. The girls excused themselves to go to the bathroom.

"Never let a girl choose to leave the interaction and then be found waiting for her to come back," I told him, imparting one lesson I'd learned a few times the hard way. "You will look like a chump. Let's go sit at the bar until they come out." And that is what we did.

A few minutes later they walked out of the restrooms. I could tell they were looking around for us where we'd been talking to them earlier. They didn't see us, so they started making motions to leave the bar. As they walked past us on the way to the door, I caught eye contact with them and asked

them if they were heading out. I had to get the dark-haired girl's phone number. I knew from how smoothly the conversation went earlier that she would give it to me. I knew that I couldn't date a girl her age, but neither could I resist that body and hair.

We made small talk for a few moments about where they were going next, then they started towards the door again.

"Before you go, let me take your phone number." I said to the dark-haired girl as I pulled out my phone. "I'd like to talk to you again."

The dark-haired girl laughed. "You want to take my number?" she asked, amused. "But you're 28!"

"Yeah, haha, I know. And you are 29. Listen, the only girl I've loved was a year older than me. It can work." I said this - truthfully - as I opened a new contact in my phone, ignoring her resistance - which I assumed was just an attempt to see how serious I was about her. It might be true that I was too young for her, but I knew that wishful thinking prevented most women from actually acknowledging this, so the possibility didn't cross my mind.

At this point, any other girl who had shown as much attraction to me as this girl would have stepped in to look over my shoulder as I put her number into my phone. But this girl's body language didn't include even the slightest motion towards granting my request. She literally laughed it off. I forget now exactly what she said next, but in that moment I realized that she was absolutely serious in her refusal, despite of how playful she was about communicating it. The sum total of her words and body language said "Ha! You must think I am stupid if you think I am going to give my phone number to a guy younger than me. You know as well as I do that it won't go anywhere; don't play dumb. I like you, but let's not be naive here. Goodnight."

As she said "Goodnight," and walked out the door with her friend. I sat there, stunned and confused, as my brother and I watched them walk out the door into the street.

"What the hell was that?" I asked my brother. But the question was rhetorical, because I knew exactly what it was. It was smart.

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The Big Picture

August 14, 2012 | by Andrew | [Link](#) | [Original Link](#)

Somehow I missed reading this post in detail when it was written, but I just did, and really liked it:

Hooking Up Smart: 25 Politically Incorrect But Effective Ways To Make Him Your Boyfriend

I actually disagree with a couple small things in the list, but it paints an excellent overall picture of how a girl should dispose herself towards men if she wants them (or just one) to love her. Especially if you are young, or inexperienced with men (perhaps you didn't have much instruction from your parents about the opposite sex) I highly recommend setting this as the backdrop for the more specific things you learn about how to attract men.

How to Get "The Right Kind of Attention"

August 16, 2012 | by Andrew | [Link](#) | [Original Link](#)

My model for understanding the way a woman acts and dresses has always been something like this: the more a woman dresses like a slut, the more attractive she is; but the more a woman acts like a slut, the less attractive she is. In other words, the most attractive women are those who dress like whores but act like good girls. Impossible, right? Probably. But it is the ideal nonetheless, just like a woman's ideal is a man who is extremely powerful and physically attractive, yet in touch with his emotions and sweet - which also does not exist.

In any case, I was out the other night and I ran into a girl I'd met a few weeks before at the same bar. We started talking, and somehow got onto the topic of how women dress...

"It's simple for a girl" she said. "If you want to pick up a guy to get laid, or to make out, you wear a short, tight skirt and low-cut cleavage. But if you want to meet a guy to date, you..."

"...wear something modest." I interrupted, somewhat smugly. "That's what every girl thinks and it's complete bullshit." I was about to explain to her that good guys and bad guys alike are both equally attracted to a woman's body, and that behaving modestly is far more important than dressing modestly, when she cut me off:

"Wait, I wasn't finished! That wasn't what I was going to say at all. I was going to say that you have to choose one or the other."

"One or the other?" I asked. "What do you mean?"

"I mean you either wear the short, tight skirt, or the plunging neckline - but not both."

I was silent. I literally paused for several seconds, thinking about what she said. I was still somewhat shocked by the fact that she didn't buy into the absurdly false cliché that a woman attracts good men by pretending that good men don't have sexual impulses; but I was also intrigued by the nuance of her idea. It was honest, and it bore the hallmark complexity of truth.

"Huh... That's really interesting." I said, pensively. "I actually spend entirely too much time thinking about these kinds of things, and haven't thought of that before. You might be on to something." I paused again for a few seconds. "I need to think about it more, but I like the idea regardless. I've always thought that women are more attractive the sluttier they dress and the more modestly they act, but I might have to re-consider that now."

The jury is still out. The girl won't return my calls either...

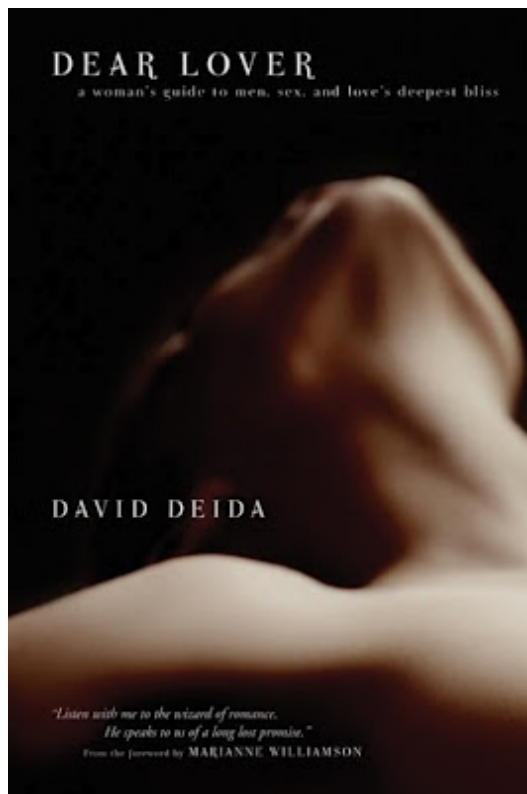
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Are You Repressing Your Femininity?

August 20, 2012 | by Andrew | [Link](#) | [Original Link](#)



In the same vein as the recent post I made about femininity, authenticity and compatibility, the following are excerpts from David Deida's book *Dear Lover* (Chapter 9):

As a young woman, you may have dreamt of masculine saviors: horses, pop stars, white nights - any animal or human, real or imaginary, that could take you somewhere new, somewhere magic. Deep in your heart you felt that someday a man would see your true beauty, your true light, your boundless ocean of love, and take you to the place you always wanted to be...

But at some point, you probably stopped trusting the yearning of your own feminine heart. You may have absorbed the anti-feminine attitude of your culture. Or possibly your family strongly emphasized masculine values.

For one reason or another, you probably became convinced that it is better - stronger - to navigate for yourself, to take yourself somewhere rather than trust to be taken by love.

Maybe your parents found your little sister more pretty than you, so you protected your crushed heart with a shell of masculine ambition. "My little sister may be pretty, but I'm going to be a scientist!" Perhaps you felt how your mother was restricted and belittled by your father, so you protected your vulnerable heart with a shell of masculine control: "Nobody is going to tell me what to do. I'm the sailor of my own ship!"

If you chose to be a scientist because you loved science, or chose to navigate your own life because that was your greatest bliss, then such decisions would be healthy and fulfilling. But if you chose to be a scientist because your parents ignored your radiance and your heart was crushed, or if you chose to guide your own life because you didn't want to be hurt like

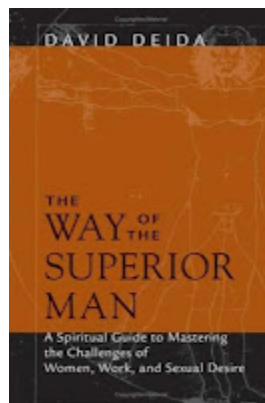
your mother was, then you have created shells built of fear rather than moved by the openness of love.

Beneath all your shells, your deep heart is always full of love's light. So, at heart, showing open as light and flowing open as love's offering is the most ecstatic and true way to live. But your acquired shells have their own voice: "Beauty is only skin deep." "My mind is more important than my body." "I can't trust men." "If I want a man's love I've got to make him want me." "My professional goals are more crucial to my life's happiness than who I go with or how much love I offer through my life and every breath."

These are all lies, and your deep feminine heart knows it. Yet, you are confused, because your shells can be so strong. You can come to believe the lies of your shells, and therefore, you can live an entire life betraying your deepest desire: to be recognized as light, adored and worshiped as love's radiance, offering yourself as a gift of love to be claimed by true divine masculine integrity...

Perhaps you try to trust a man and he eventually leaves you. Again you feel betrayed, so now, again from fear, you build yet another shell - "independent career woman" - that will protect you from being hurt or left in the cold by a man's untrustable commitment.

If you are like most women, you were born with a more feminine sexual essence...



If any of this caught your attention, you can [get the book on Amazon.com](#).

I know a couple girls that have also gotten a lot from reading *The Way of The Superior Man*, which is also by David Deida. It is written for men, but touches on most of the same principles, just from a male rather than female perspective. Some people, myself included, prefer the more direct writing style in *The Way of The Superior Man*.

In any case, if this post is interesting to you, or if you are curious about the implications of sexual difference, I highly recommend both books.

Should You Give a Guy Your Last Name?

August 26, 2012 | by Andrew | [Link](#) | [Original Link](#)

I used to ask girls for their last name when I got their phone numbers. I would do this for two reasons:

1. Because it was normally a hint about their ethnic background or family history, which could lead to interesting conversation or tell me a little more about her.
2. Because there was an empty field for it in my phone contact and I felt compelled to complete it.

A lot of girls balked at my request for their last name. This was understandable, since they didn't know me well, and I supposed they didn't like the idea that I might be able to look them up online. Enough women refused (I'd say more than half) that I eventually stopped asking. After all, I would learn it eventually, and it didn't matter much in the meantime. I could curb my need to complete the empty field in my contacts, and if I was curious to know their ethnic background I would just ask about it.

I suspect other guys have had similar experiences, so it is fair to say that most men won't mind if you don't give them your last name - this is expected. Certainly they won't hold it against you if they ask for it and you tell them "I'll tell you when we get to know each other a little better."

However, on rare occasions I will ask a girl for her number and she will actually volunteer her last name. This seems like a small thing, but in retrospect it goes a long way in forming my initial impression of a girl. Again, I would never hold it against her if she didn't want to give me her last name, but her offering it is like a breath of fresh air. In the middle of a world of skepticism, mistrust, and concern about stalking, you suddenly stumble upon someone who trusts, who is open, candid, and unassuming. Some might call these girls naive, but from the perspective of a guy who is genuinely interested in getting to know her, it is a sign of goodwill, openness and trust. This is very endearing and feminine. People tend to expect from others what they are disposed to themselves, so a girl who is willing to give you her last name is the kind of girl that assumes the best of everyone - probably because she is a good person herself. This is the kind of girl that men like.

So the next time he is taking down your number, offer your last name too.

Don't Wear Sneakers

September 1, 2012 | by Andrew | [Link](#) | [Original Link](#)



I keep seeing girls wearing [Chuck Taylors](#), or Vans, or even some more modern high-tops, and I always cringe. Sneakers are intended for function, not form; they aren't attractive. Unless they are paired with athletic clothes (i.e. for the gym or running) they look clunky or awkward. The fact that they are "comfortable" or "quirky" or "classics" might be perfectly true, in some cases might be a good reason for wearing them; but don't fool yourself into thinking they make you look good. While it would obviously be unrealistic and probably unhealthy for women to wear [high heels](#) every day, there are many more elegant compromises than sneakers.

If you see a woman who you think is more attractive because she is wearing sneakers, ask yourself whether it is [because of them or in spite of them](#). You'd be better off never wearing sneakers than trying to pull them off.

How to Adapt Your Game According to Your Results

September 13, 2012 | by Andrew | [Link](#) | [Original Link](#)

In the spirit of paying attention to what a guy does and not what he says, you can put yourself into one of the following categories by considering how men behave towards you, and then you can adjust your efforts accordingly. These are in no particular order, and the list is not necessarily comprehensive.

1. Men hit on you all the time, and you get dates, but you struggle to get (or keep) a boyfriend.

You are hot but your personality needs work. Men are attracted by your initial shine, but they soon discover your lack of substance. They don't like spending time with you because you are either boring, too high-maintenance, stupid, too insecure or annoying - or some combination of these. Be honest with yourself in determining which of these are the biggest problems, then re-focus your efforts and do whatever it takes to fix them.

2. You never get hit on by men you are attracted to, or else they hit on you but then make an excuse to leave and don't ask for your number. They ones that want you are always short, or fat, or ugly, or awkward.

This happens either because you aren't making yourself attractive enough or because you have unrealistic expectations about what kind of men you can attract. Assume the former first: lose weight, spend more time on your hair, or work on your appearance in some other way. Then, if things still aren't working out (and be patient because this takes time), lower your standards.

3. Your friends always get hit on and you don't, or you always get hit on by the less-attractive friend or the obvious "wing man."

Same as #2, with the added suggestion that - if none of that works (and again, it takes time) - you should start going out with new people who are closer to your level of attractiveness, at least occasionally.

4. Men hit on you and ask (text) you to go out drinking, but not to go out on dates. Or they ask you on dates, try to sleep with you a couple times, then never call again.

You are projecting a slutty image by your behavior. Men immediately recognize that you are not girlfriend material so they just try to hook up with you. Tone down the drinking, leave bars earlier, and acknowledge that your lifestyle is not conducive to finding a guy who will respect you.

5. Men treat you like a friend, not like a girl they are interested in sexually or romantically.

Most of the time this is because you aren't very attractive but you have a great personality, and you aren't bad looking either (if you were, men wouldn't even be friends with you). You also probably allow men to treat you like one of the guys. This isn't actually that bad of a situation to be in, because

with just a little effort, you can improve your looks to a point that men will look at you in a romantic and sexual light. And if you start acting more feminine you can break out of the "friends" mold.

6. Men hit on you and then text you, but never call.

This is the unfortunate way of the future. Get used to it. But, give a lot of credit to the few guys who do pick up the phone and call: they are either more interested in you than the others, or just more confident. Either way, they are a step ahead of the rest.

7. You know you are attractive and men always check you out, but you only get approached by cocky players.

This is a difficult situation. It means you are extremely hot, and you intimidate most men. However, your personality is more to blame than your appearance. There are plenty of hot girls that get hit on far more frequently than you. Adjust your look first, because this will be the easiest part: dress a little more cute and a little less sexy. More importantly: loosen up. The women that are most intimidating to men are the ones that are insecure themselves, and mask their insecurity by closing themselves to social interaction under a facade of "hard to get." I've met a few girls like this - drop-dead gorgeous but perpetually single. They are all the same in a nightclub or bar environment: they stand alone or with their friends, and don't have fun, or are too concerned with looking "cool" or like a celebrity to relax and enjoy themselves.

Let me know if I missed any categories, but I think that covers most scenarios.

How to Turn a Guy Down for Sex

September 16, 2012 | by Andrew | [Link](#) | [Original Link](#)

Imagine that you go out to dinner on a first date with a guy you met recently. You go to a nice but fairly laid-back restaurant and you really hit it off, almost instantly. The conversation is fluid, he is witty and interesting and he seems genuinely interested in what you have to say. Afterwards you decide to get a drink at a bar down the street from the restaurant. One drink turns into three or four, and as you leave the bar he pulls you to the side of the sidewalk and kisses you. Unlike other guys you've gone on first dates with he is decisive, confident and not awkward.

You walk back to his place together and he invites you in. It is still fairly early, so you accept, but you both agree that it is "just for a little while." You are impressed because his place is really nice - well decorated, but decidedly manly; he has good taste. He kisses you again and you start making out on his couch. You are comfortable with him, and he seems comfortable holding you - you fit well together. Soon his hands move from touching your face to holding your waist and caressing your breasts through your shirt. Before long his hand is down your pants. You are a little drunk so you don't stop him - after all, it feels good, and you are really comfortable with him. But then he starts to unbutton your shirt.

You don't want to have sex with him on the first date, so you know you should stop him; but it is hard to say no - not because you want to have sex with him so badly (though you are actually starting to), but because it seems inappropriate or even unfair to stop him. You don't want to disappoint him and ruin the night, especially when it is just to follow some "rule" your mom taught you. So what do you do? How do you stop him without ruining the end of the date? By the time you've considered what the most tactful way of stopping him would be, he's finished taking off your shirt and bra. Your nipples are in his mouth when you realize that he's actually already unbuttoned your jeans...

I agree that stopping the guy at this point is going to piss him off. There is no question that your suspicion is right in that regard - in fact it will probably piss him off more than you realize. So what should you do now, and when *should* you have stopped him? There was never a time when it seemed appropriate.

In this situation, you should stop him right away. Better late than never. The annoyance you'll cause him and even the bad feelings you'll stamp on the first date - while important - are less important than not being slutty. True, he will lose some respect for you due to your lack of tact and because you led him on, but he would lose more respect for you if you slept with him on the first date.

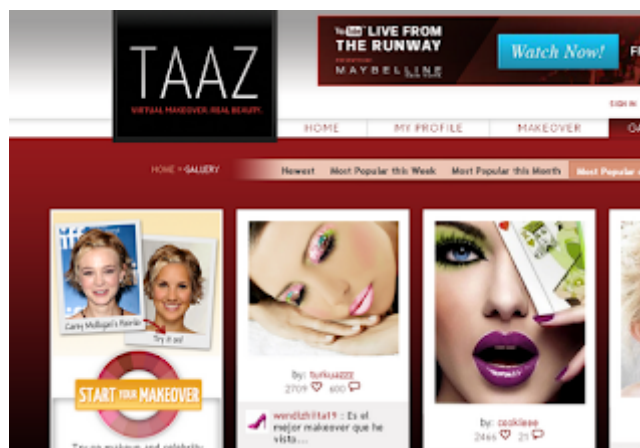
The answer to the larger question is a little more complicated. For starters, you shouldn't have had four drinks at the bar (you could have nursed two instead). And then you shouldn't have gone inside with him when you got back to his place. And then you shouldn't have let him put his hand down your pants. And then you shouldn't have let him unbutton your shirt. And then you shouldn't have let him take off your bra. And then you shouldn't... etc. I am not saying you should be a prude, but I am

saying that you should be a prude on the first date. With each thing you allow him to do, he feels closer to sex and you cause him more chagrin by then stopping him.

On a first date, I recommend not going in his place. You can have the four drinks at the bar if you can walk home or take public transportation, but otherwise the drinks offer too easy an excuse for needing to go inside to "sober up." If you do go in with him, it isn't the end of the world if you make out. You aren't giving the average American guy mixed signals by making out with him and then saying no to sex. The best stopping point is when he goes to put his hand down your pants or when he goes to take off your clothes - whichever one comes first. All you need to do to stop him is this: without interrupting the kissing, gently grab his hand and guide it away from your pants or shirt, to some other place on your body. Then continue making out as if nothing happened. It is a strong but subtle message. If he tries again, you just repeat the motion. If he tries a third time, you pull back and say "I don't want to do that yet." or something similar. Saying "yet" or "tonight" is key, because it hints that it will happen sometime in the future, and this will entice him (though be careful not to tell him when you'll do it).

A Tool for Learning Makeup

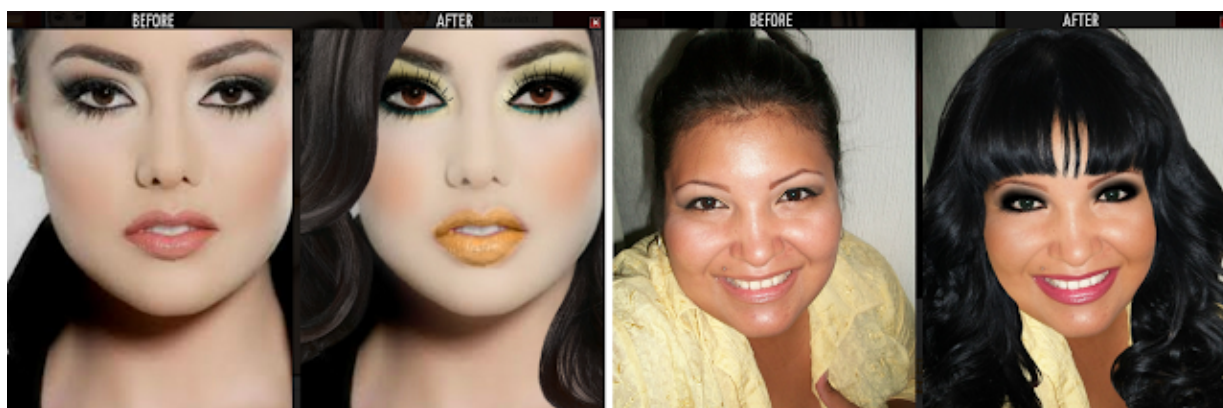
September 18, 2012 | by Andrew | [Link](#) | [Original Link](#)



In the post I made called [How to Avoid Looking Fake](#), I pointed out that a girl needs to understand what kinds and tones of makeup work with her face and complexion in order to avoid the "caked on" makeup look, which men find unattractive. A reader recently recommended a website called TAAZ.com that actually allows users to apply virtual makeup to a photo of themselves in order to get an idea of what will look good. You can also try different hairstyles. In fact, the website is very similar to the one I recommended in the post [How to Improve Your Hair](#) (www.thehairstyler.com), but with a focus on makeup rather than hair - and the added benefit of being able to do both.

Here is the link to the website: www.taaz.com

As with www.thehairstyler.com, the visualization tools aren't perfect, but as you can see in the examples below, you can definitely get general ideas about how various colors work (or don't work) with your personal look. Whether you are just learning how to optimize your look, or want to revisit it, this website can be an invaluable tool. (And don't be so sure that you already know everything about your own makeup - self-perception is remarkably inaccurate at times.)



Related Posts

1. [How to Avoid Looking "Fake"](#)
2. [How to Improve Your Hair](#)
3. [Your Skin Color Matters](#)
4. [Hair and Makeup Variety](#)

How to Improve Your Posture - Part 2

September 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

In [a previous post](#) I pointed out that if you want to control your posture, it is more effective to remind yourself of your strengths each time you catch yourself slouching, than it is to simply attempt to correct the posture itself. This is because poor posture is a symptom of low self-esteem, not just a bad habit.

Here is a good way to put this fact into practice:

Everyone has a few really good photos of themselves - photos in which you look your best (thinnest, hottest, happiest, most confident, etc.). The camera caught you at your best angle, you were wearing your best colors and your hair looks really good. You probably enjoy looking at these pictures because they make you feel good about yourself. It isn't just a matter of looking good; these pictures probably capture a certain poise or spirit of which you are proud - they illustrate you at your best.

Choose the best of these photos in your mind. The next time you catch yourself slouching, remember that photos, and specifically, **remind yourself that you are the person in that picture**. You will automatically and immediately (albeit temporarily) correct your posture. With repetition, you will begin to see yourself as the person in the photo more than you see yourself as the person who slouches. Before long, perfect posture will be a habit.

How to Reject a Guy

September 25, 2012 | by Andrew | [Link](#) | [Original Link](#)

If you aren't swooping up dudes by the dozens you might not give too much thought to this topic, but at some point it will become relevant. Whether you are getting asked by a guy for your phone number, or asked out on a date, or pressured for sex - or even if you are proposed to, if you don't want to say yes, remember the following:

- 1. He can handle it.** At least, he should be able to. Any man who wants to stand even a modest chance of success in the dating world needs to learn how to handle rejection, so don't shy from the task. Your concern for his feelings should never stop you from being up-front with him.
- 2. He wants to know the truth.** He wants to be with you, but only if you reciprocate that feeling. You wouldn't want to be with a guy who was apathetic about you. Likewise, he'd rather know your true feelings than have your insincere acceptance.
- 3. He doesn't want his time wasted.** If you aren't interested, he wants to start looking elsewhere as soon as possible (just as you should).
- 4. His primary emotion will be anger** if you've only just met him or haven't been dating very long. Men take longer than women to get emotionally involved, so in the early stages of a relationship, his pride will be hurt far more than his heart or soul. While women will usually respond to this kind of rejection with sadness, men much more likely to be offended and angered, regardless of how well they hide it. So say what you have to quickly, and get the fuck out of there to let him cool off.
- 5. There is no way to soften the blow.** This is what women (and probably men, too) forget the most when they reject a guy. You're telling him he isn't good enough for you, and that salient point will break through any bullshit you try to pad it with, so don't try. Additions like "I really like you, but..." are unnecessary and only make you sound insincere. The best way to deal with the inevitable is to plow through it as quickly as possible.
- 6. Most guys will persist at least a little.** Don't be surprised or act indignant if he tries to *convince* you to go out with him, or to give you his number, or to stay with him. Men are rational by nature, and this kind of reasoning works on us, so we assume it will work on you too. Humor his reasoning by politely repeating your reasons (if it is a break up) or simply your refusal (if he is asking for a date or your number).

With that background, you should be able to appreciate the general strategy for rejecting a man, which is to be **clear, direct and brief**. That is to say, make sure he knows you are rejecting him, suppress the urge to make excuses for why you don't want him, and reject him quickly.

To state the same things in negative terms:

- Don't be vague in an attempt to soften the blow. Make sure he knows that you are saying "no"

or breaking up with him.

- Don't make excuses about why you can't give him your number, or go out with him, or date him anymore.
- Don't try to soften the rejection by adding all kinds of caveats or compliments or by "talking it through." If you are ending a relationship there is a good chance he will want to talk about it, probably in attempt to reason with you (see #6 above), but I suggest you avoid this as much as possible. You can always talk to him later after he's had time to think about it.

When it comes to being asked out or called, you do have the option of ignoring his text or call, but this is fairly rude. I do it to girls sometimes, but it is a better all-around policy to answer and follow the guidelines above. If you don't give your number to a guy or lead him on when you don't like him, this probably won't be an issue anyway, since you will be looking forward to hearing from him.

Related Posts

1. [How to Reject a Guy at a Bar - Part 1](#)
2. [What it Is Like to Be Rejected By Girls](#)
3. [Get Used to Rejection](#)
4. [Why Rejection Is a Good Thing](#)

I'm Taking Some Time Off...

September 25, 2012 | by Andrew | [Link](#) | [Original Link](#)

I am taking a short break from the internet world for a few weeks. I have a bunch of new posts lined up for when I get back, and I've posted one below. However, in the meantime, I want to draw attention to a few older post that aren't read as much as others:

1. **The Analogy Between Confidence and Beauty** - this is the single most important concept in understanding the differences between men and women.
2. **Posture and Attractiveness** - if your posture needs work, it could be the only thing standing between you and success with men.
3. **Never Say No to Sex** - "a woman who neglects her man's sexual needs is like a man who neglects his woman's emotional ones" (notice how this ties into the analogy between confidence and beauty, see #1 above)
4. **The Upper Hand in Relationships** - re-read point #2
5. **Men Have No Clue Why They Find A Woman Attractive** - Focus on the first paragraph. Every woman instills this feeling in men to some degree, and you can increase that degree through your efforts.

I'll also be taking a break from replying to e-mails, so please be patient.

Never Tell a Guy When You'll Have Sex With Him

October 25, 2012 | by Andrew | [Link](#) | [Original Link](#)

One time on a first date I was making out with a girl, and started trying to take off her clothes. She stopped me and said "Sorry, I don't do that until the third date."

I think she realized her mistake immediately, because a few moments later she awkwardly and self-consciously added something like "...yeah not until *least* the 3rd date."

The problem with telling a guy when you'll have sex with him is that you give him expectations. If I'd gone on a third date with that girl, you better believe that I'd have been expecting sex. Even if she didn't feel ready, she would feel pressured by her own words to sleep with me. Of course she would always have the right to say no, but it would cause friction in the relationship ("but you said...").

More importantly, by telling a guy when you'll have sex with him is that he can then decide immediately whether or not it is worth waiting for it. For example, I wasn't willing to sit through another two dates with this girl in order to have sex with her, so I didn't ask her out again. If she hadn't told me I'd have to wait that long, I'd probably have asked her out again, and she'd have had another opportunity to sink a hook of attraction.

So when it comes to telling a guy you don't want to have sex, opt instead for open-ended expressions like "I'm not ready for that yet."

Related Posts

1. [Don't Fuck on The First Date](#)
2. [Don't Initiate Contact](#)
3. [Never Tell a Man Why He Shouldn't Want to Date You](#)
4. [How to Turn Down a Guy for Sex](#)

The Female Mustache

October 31, 2012 | by Andrew | [Link](#) | [Original Link](#)



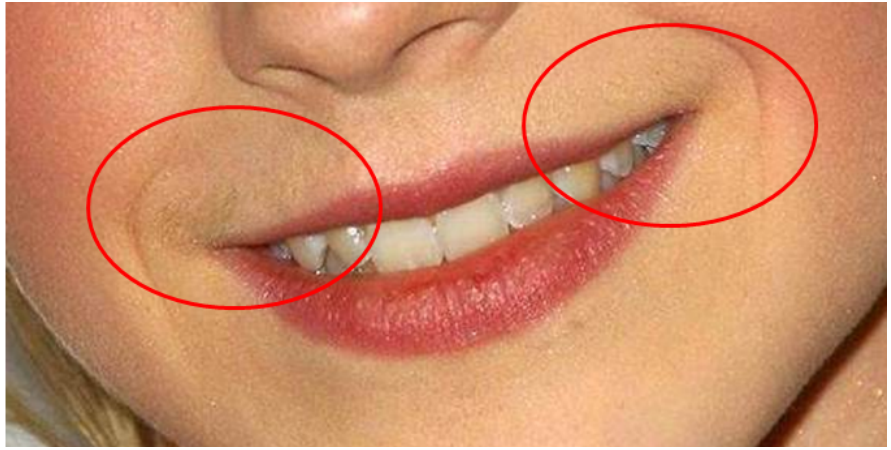
Every once in a while I meet a girl who is cute, aside from a noticeable dusting of hair on her upper lip. Usually it isn't visible from several yards away (i.e. visible enough to prevent an approach or introduction), but can be seen clearly at conversational distance. What usually follows in these situations is a brief conversation, the earliest possible (and polite) exit, and then a comment between me and any other male I am with - out of earshot, of course:

"Dude, did you see that??"

"What, the hair? Yeah man, what a shame. She was cute otherwise, and pretty cool too, but that shit was creepy."

I've always been shocked that girls don't do something about it on their own initiative. It occurred to me that they might not realize it is unattractive - or maybe that they don't think it is noticeable. So if you have more hair than the average girl, get rid of it. I am not entirely sure what the best methods are, but it needs to be taken care of: wax it, get it removed by laser, or at very least, bleach it.

Below is a picture that illustrates the upper limit of what is acceptable. If you have less lip hair than this, you can probably get away with it unnoticed. If you have this much hair or more, take care of it.



What It Is Like to Be Rejected by Girls

November 2, 2012 | by Andrew | [Link](#) | [Original Link](#)

[Note: Although I edited this post later, I wrote the vast majority of it after coming back from a bar on the night described, hence the use of the present tense.]

I am fuming right now. Furious. I feel like shit. I just walked in the door after a night out...

The evening started on a high note. I felt great before I went out. I slept well last night, got a lot done today, had a good workout this afternoon, was dressed well and was generally in a good mood. When I got to the bar there was a good crowd and a bunch of cute girls. I started the night by having a beer with my friend John and telling him a few things I've learned about approaching girls. He was just dumped by his girlfriend of three years, so I hoped he could use the pointers to meet someone new. Soon we started looking for girls we wanted to talk to. That is when the rejections started.

Every guy has "on" nights and "off" nights - this was definitely an off night. Only one girl I talked to the entire evening wanted to keep talking to me, and she wasn't attractive. The first group I tried to start a conversation with immediately turned their backs on me, and didn't even acknowledge what I said to them - despite the fact that it was clearly audible. Another girl entertained a conversation with me for a few minutes while my friend talked to hers, and then just walked away without even saying "excuse me," or "nice talking to you," - or even "bye." Another girl, when I tried to get her attention, literally shook her head "no" and turned away without saying a word. She didn't even listen to what I was trying to say to her. Time and time again I was shut down. It was humiliating.

I should mention that I normally have good success when I approach women. I know how to start and carry a casual conversation tactfully, and most women find me attractive. My lack of success wasn't a matter of me being awkward or arrogant. I was doing the same kind of things I do on the nights when I walk out of the bar with phone numbers from the hottest girl there. There certainly are things a man can do to improve his chances with women, but there is also an element of chance. You can't predict when a girl has had a bad day, or only likes black guys, or already has a boyfriend. Sometimes it works out, other times it doesn't; sometimes she likes you, sometimes she doesn't. By some coincidence, tonight was a long series of "doesn't"s.

As the night progressed, my humiliation grew, and then grew into anger. Towards the end I found myself wanting to lash out at these women, to retaliate for the pain they'd inflicted with the effortless and unfeeling turn of a shoulder, or the shake of their head. Like a 5th grader, I wanted to tell them I didn't give a fuck because they were ugly and I didn't want to talk to them anyway; but it wasn't true. I wanted to tell them I didn't care because I already had three numbers that night; but it wasn't true. I wanted my personal sense of worth and value to be completely independent of their response to my approach; but it wasn't. I wanted to not care, but I did.

As a man, the greatest desire I feel is for women. When I can't attract them, I feel worthless, impotent, emasculated. With each rejection, my sense of value was partially sucked out of me and trampled on the floor. And I had to stand there and pretend it didn't phase me, all the while trying to

decide if it was worth pushing through the awkwardness and humiliation to see if there is a way to salvage the conversation (and my pride), or if I should just give up, excuse myself and walk away - defeated. Externally I maintained the same expression and held myself poised and upright; but inside, I was crushed. These girls' actions spoke volumes: "I do not value you enough even to entertain a conversation with you." I felt like shit.

I usually have the capacity to endure two or three rejections in a night - maybe more if they are spread out and interlaced with successes. But tonight the rejections piled on the rejections, and there was no recovering. At the end of the night I left the bar feeling dejected and angry.

Not all guys react this way to rejection; others might get embarrassed or saddened rather than angry. But even if the type of reaction is different, the degree will be equally severe. So the next time a guy brushes past you in a bar without noticing you, or doesn't call after getting your number, or stares at the girl next to you without so much as a glance in your direction - take a step back and remember that men have to endure rejection too, even though it takes a different form. It might be tempting to believe that "men have it easy" because we get to choose who we approach and when; but the truth is that women have just as much power in their ability to refuse a man's approach, as we have in our ability to initiate. And it hurts no less for a man to be told he isn't worth a girl's time than it does for you to be told (through a man's words, actions, or lack thereof) that you aren't worth his.

Related Posts

1. [How to Reject a Guy](#)
2. [Why Rejection is a Good Thing](#)
3. [Some Older Women Are Smart](#)

Where Is Feminism Taking Us?

November 4, 2012 | by Andrew | [Link](#) | [Original Link](#)

There is a lot of talk on some of the blogs that I read about the horrors of feminism - from men and women alike. While it might be obvious to some readers, I think others might be surprised to know that I am very much undecided about whether or not I support feminism. The way I see it, there are two possible models for understanding the role of feminism in society, and I have yet to decide which one I subscribe to. Both agree about what feminism is trying to do - namely, homogenize or depolarize the sexes. They disagree strongly, however, about whether or not this is desirable.

Here is how I characterize the two models for understanding feminism's role in society:

Model 1 - Pro Traditional Sex Roles (Conservative in nature)

"The differences between the sexes exist for good reasons. Men by nature assume masculine roles as protector and provider, while women by nature assume feminine roles as child-bearer and nurturer. The two compliment each other well, and harmony is achieved when the two work together. The characteristics of the two are innate and can be denied but not changed."

I will refer to the proponents of this scenario as traditionalists.

Model 2 - Pro Feminism (Progressive in nature)

"The differences between the sexes do not exist for good reasons. While difference does not always equate to inequality, in many cases - especially historically - this has been the case, and women have typically been on the losing end of the disparity. The characteristics of the two sexes are largely socially constructed, or engendered (hence the term "gender," from the Latin "generare" - to bring forth). Because they are engendered, they are also changeable; and we should do what we can to strive for equality."

I will refer to the proponents of this scenario as feminists.

Here is my Pyrrhonic rationale, which is more a case for the plausibility of the feminist world-view than the traditionalist one, which needs less defense since it has historical precedence:

- While the traits of both sexes are certainly deeply rooted in the male and female psyche, or perhaps in the fabric of society, it isn't obvious to me that they are necessarily innate or eternal. The obvious difficulties that feminism has introduced could be symptoms of a species trying to bend against its nature, but they could just as well be growing pains on the path towards a better state of affairs.
- Traditionalists can make a strong argument that there are undeniable biological differences between men and women, and that these differences have far-reaching consequences, making men and women very different. But it is at least thinkable that we could shed these differences through evolution over the coming thousands of years, especially if we begin to conceive children outside of the womb - which technology will almost certainly allow us to do within the next 100 years.

- There is no question that men are less masculine than they were tens or hundreds of years ago, and women less feminine. But can this trend continue without a backlash or reaction? We are arguably seeing the inklings of this reaction the blogs that I referred to at the start of this post. This reaction could swing things back in the direction of extreme sexual polarity, which could persist, or else cause another reaction reinstating androgyny (at which point the cycle would likely continue *ad infinitum*).
- It certainly is difficult to imagine an androgynous society, but it isn't impossible. There is no doubt in my mind that the human race has evolved as quickly as it has due to the intense pleasure of sexual intercourse. But who says sexual intercourse is a permanent fixture in society? As we learn more about the brain and continue to discover mind altering substances (which are being legalized by the places that lead social and political trends worldwide), is it so difficult to envision a scenario in which sexual pleasure is usurped by some other experience? Even if the sexual organs never evolve off of the body, they could simply become insignificant - relics of a previous stage of human development (like the appendix).

To summarize: it isn't clear to me that the feminist "utopia" is impossible or undesirable. Even if it would be arguably a worse situation than the one that we are in now (or were in traditionally), I don't see why that would mean we couldn't end up there as a species. As far as I can tell, feminism *could* conceivably achieve its goals.

Now, all that being said, I think there is one important point left to make. It is a point that underlies every word written on this blog: **regardless of where feminism may be taking us, there are certain ways that a woman can behave to take advantage of the current social-sexual climate.** Changes in social norms occur very gradually, so that you don't need to be concerned about the opposite sex suddenly being unattracted to the things it finds attractive now. Given this, women have two options

1. Support feminism (and ultimately androgyny) by aligning yourself with its goals: suppress your feminine qualities and emphasize your masculine ones, in an effort to further your career and the feminist cause.
2. Take advantage of the male-female polarity that (still) exists by allowing your feminine qualities to shine through, since this (still) attracts men.

Ultimately, the point is this: Option 2 attracts men, Option 1 does not. So you can either support feminism in the hope of bettering the state of affairs in the future, or better your life now by finding love. Call me selfish, but it seems like an obvious choice to me...

Related Posts

1. "The Difference Between" and "The Difference Among"
2. Katy Perry Is Brainwashing Women
3. The Analogy Between Confidence and Beauty

How to Ask Me for Advice

November 5, 2012 | by Andrew | [Link](#) | [Original Link](#)

I get a lot of e-mails asking for relationship advice. This blog is growing rapidly in popularity, and the number of requests I get for advice has been increasing just as quickly. While I am happy to continue offering advice, it can be extremely time consuming to read and reply to these e-mails, especially when they contain long narratives of a relationship's history. So I need to set a few guidelines:

- **End your e-mails with specific questions**, rather than just asking for my take on a situation or embedding numerous questions throughout the e-mail. So after telling me what happened between you and him, tell me what you want to know, for example, "Is he interested in more than just sex?" or "Should I cut him off now or give him another chance?"
- **Tell me what you want to happen.** This is critical. You need to know what you want from the guy before you ask me what you should do or how to interpret his actions. So often, the girls that e-mail me are conflicted about whether they want the guy in question to be their boyfriend, or whether they just want the affirmation of knowing he wants them. I can't tell you what to do unless you tell me what you want.
- **Tell me your and his age and nationality.** This helps me understand and interpret the situation. If either or both of you are seriously religious (i.e. enough to affect the way you approach the relationship), indicate this as well.
- **E-mails must be punctuated, paragraphed, and spell-checked.** You don't need to craft a literary masterpiece, but if you send me a single, stream-of-consciousness, 500 word paragraph consisting of two run-on sentences and 100 typos, I will either send it back to you or ignore it. These are incredibly difficult to read. I am going to take the time to read your e-mail carefully, think through your situation carefully, and write a clear response, so I need you to put a similar effort into your request.
- **Try to omit unnecessary narratives** about who texted what to whom, how long it took him to reply or what he said in response to what you said. These details can sometimes be crucial to the story, but more frequently than not, you can get the same point across by saying "his text responses have been sporadic" or "sometimes he is warm, other times he is distant."
- **Keep e-mails under 1,000 words.** If you can keep it under 500 words, I will reply to you much faster, but I appreciate that sometimes 500 will be too few to describe the situation accurately.

You can contact me for advice by e-mailing me at therulesrevisited@gmail.com.

Thanks,
Andrew

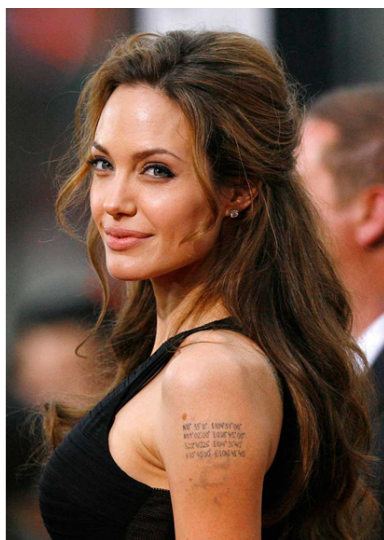
[I've [added this post as a page](#) under the "Blog Information" section at the top of the blog's left column]

An Interesting Hair Experiment...

November 7, 2012 | by Andrew | [Link](#) | [Original Link](#)

I want you to help me conduct an experiment.

For a couple of years now I've realized just how much I am attracted to the hairstyle that most women call "half-up, half-down" or more simply, "half-up." Whatever it is called, I love it when girls wear their hair the way the women in these pictures are wearing it. It is extremely sexy and elegant at the same time, and immediately draws me to a woman. It is almost uncanny how much it affects my judgement of a woman's appearance. I find myself checking out bigger girls who are wearing their hair that way, or losing interest in (previously) attractive women once they change from that hairstyle to another, or else staring at a picture of a normal girl, not understanding why I am attracted, only to eventually realize that her hair is half-up.



I've thought a lot about why I like it so much, but nothing makes sense. I've never dated a girl who

wore it that way often, or even had a crush on one who did. My mom or sisters never really wore their hair like that, my babysitters didn't, my teachers didn't - no one did. The only semi-believable reason I can think of is that some of the female Disney characters (who for most men my age were the first icons of female beauty) wore their hair like that, and maybe left an impression on me; though I don't remember being particularly attracted to one more than any of the others. It isn't an overly popular hairstyle in the United States. In fact, it is practically never worn in comparison to, say, Turkey and Italy or Lebanon (and probably other Mediterranean countries), where it is extremely popular.*

In any case, this has puzzled me enough that I've started asking my male friends what they think about this hairstyle; and I've been surprised to hear how much they agree that it is really attractive. In other words, maybe it isn't just my personal taste.



So here is what I would like you to do: the next time you go out, wear your hair in some variation of the "half-up" style depicted here, especially if it is not a style you usually wear. Go out like you normally would and pay attention to what happens. Then, in the comments of this post, report your findings. Let me know what comments you receive - positive or negative - and let me know if you had more or less (and better or worse) attention from men. You can also comment on the type of men if you notice a trend. Get your girlfriends to do the same on another night (so that you aren't all wearing the same hairstyle - awkward) and see how it works for them, or have them leave their own comments.

As motivation, here are some thoughts about how participating in this experiment could benefit you:

1. You might discover a hairstyle that looks good on you.
2. I've been told it is an "easy" hairstyle to make and wear.
3. By taking a fashion risk, you will better understand what hairstyles look good on you.
4. You will expand your comfort zone, and therefore your confidence.

5. Because this hairstyle is not very popular in the countries that most of my readers are from, you will most likely stand out from other girls - in a good way.
6. You will contribute to the pool of knowledge about what men like.

I'll look forward to seeing the results.

* The fact that all of these countries are more sexually polarized than the United States is another hint at what I suspect might be the reason why men find it so attractive.

Related Posts:

1. [The Importance of Hair](#)
2. [How to Improve Your Hair](#)
3. [Hair and Makeup Variety](#)

How to Reject a Guy at a Bar - Part 1

November 12, 2012 | by Andrew | [Link](#) | [Original Link](#)

I recently wrote a [post about rejecting men](#), but a reader (in fact, the author of [an interesting blog about women's fashion](#)) recently asked a more specific question: "What is the best way to reject a guy at a bar, as to lessen the blow to his ego?"

Before I get into how to lessen the blow to his ego, consider the following:

1. **Recognize that you like being hit on.** A lot of girls that say they don't want to be hit on, when what they actually mean is that (a) they don't like having to reject guys they aren't interested in, or (b) they don't want guys to expect them to dance or kiss or go home with them. The actual act of being hit itself on is a pure ego boost, and I've never met a woman who doesn't enjoy this part of it. By acknowledging this fact, you will be better-able to recognize when you are encouraging men's approaches for the sake of your own ego, as opposed to doing so out of genuine interest in him.
2. **Don't worry about his feelings too much.** While everyone has an obligation to be polite, you definitely don't owe him your attraction, and you don't need to baby him. If he can't handle rejection, he needs to learn how to. Consider your rejection a test of his manliness, and try not to worry about his feelings too much.
3. **Stop the interaction early** if you realize you aren't interested in him. The less time you spend talking to someone, the less surprising it is when you end the conversation. But if you are trapped in the conversation (in a group setting, for example), you can...
4. **Steer the conversation away from personal topics.** Focus instead on talking about superficial things, like what is happening around you, how busy the bar is, the lighting, etc. When you don't like a guy, think of your conversation like a hole you find yourself in: the less depth there is, the easier it will be to get out. Steering a conversation involves withholding your feedback on the things you want to avoid discussing (you should actually stay silent or give one-word answers) and then picking out things from his comments that you want to talk about, and playing them up - or else introducing your own topics.
5. **If he bought your drink** and you accepted, you do owe it to him to stay until your drink is finished, unless he is inappropriate in some severe way (touching you, for example). You don't need to stay until he finishes his, but don't slurp yours down either. A polite exit will sound like this: "Well I enjoyed talking with you, but I need to go find/talk to/dance with my friends now. Thank you for the drink. I hope you enjoy your night." It is important not to start or end these statements by thanking him for the drink, since this will place too much emphasis on the fact that he paid for it, which could make you sound like you are just fishing for free alcohol, and piss him off. But if you are polite and he is upset that you leave, that is his problem, not yours.
6. **If you are a nice person, you don't need to worry too much.** That is to say, if you are actually concerned about how to reject a guy kindly, you are probably already doing it as kindly as you will be able to. Focus most of your efforts on #2.

So with that backdrop, here is the practical answer...

[To be continued in [How to Reject a Guy at a Bar - Part 2](#)]

Related Posts

1. [The More Confident He Is, The Less He Likes You](#)
2. [How to Reject a Guy](#)
3. [How to Turn Down a Guy for Sex](#)
4. [Why Rejection is a Good Thing](#)
5. [What It Is Like to Be Rejected by Girls](#)

How to Reject a Guy at a Bar - Part 2

November 14, 2012 | by Andrew | [Link](#) | [Original Link](#)

[Continued from [How to Reject a Guy at a Bar - Part 1](#)]

The worst rejections men endure are the ones that are surrounded by rudeness. Men know that not all women will like them; this is expected. If it weren't, approaching girls would be easy. It is only because we know there is the possibility of rejection that most men get nervous and find approaching girls difficult. Being rejected *rudely* adds insult to injury. So if you are worried about rejecting a guy but preserving his ego, your two goals should be politeness and sincerity.

Most men know long before you say it explicitly that you are rejecting them. We may not be as intuitive as women, but we know attraction when we see it, and we recognize its absence with equal certainty. Your lack of enthusiasm in responding, the inattention of your eyes, your closed body language - all of these things convey the subconscious (and sometimes conscious) message that you don't particularly want to be interacting with us.

So in most cases, men know what's about to happen. What matters is that you show him that you don't think he is worthless just because you don't want to spend your night talking to him. Giving this impression depends on the tone of your voice, your body language and your facial expressions; but it will primarily be conveyed through your smile and your eyes:

- **Smile** - If a smile doesn't come naturally, try to remember the fact that a man with enough balls to approach you essentially just told you that he thought you were beautiful (even if he just wanted sex, he still thinks this). Let this thought simmer in your mind for a moment before making your move to leave him. It should be enough fuel for a smile of gratitude, if nothing else.
- **Eyes** - With your eyes, do not try to look apologetic or sad. This would be insincere. Instead, make sure to make eye contact with him. You shouldn't hold his eye contact in a lingering way, which would signal your desire to talk to him again; but neither should you let it be fleeting. Look him in the eye when you tell him that you are leaving. This is a sign of respect, which is something you should have for any well-intentioned man who makes an effort to meet you. Again, remember that he overcame his nerves, or at least was a confident enough person not to have them, and you *will* feel respect for him; then the eye contact will come naturally.

It is important to note that you do not need an interruption from a friend in order to make an exit. When girls "cockblock" for their friends it is crass and rude (if your friend does this against your will, you should still be able to smile and make eye contact as she drags you away). You don't need this. Instead, you can simply take the next natural lull in a conversation and say "Well, I am going to go find/talk to/dance with my friends. It was nice talking with you. Have a good night." Then walk away.

Do not say "I *need* to..." Instead say "I *am going* to..." By telling him what you are going to do, you

remove any hint of an excuse from your language: you are telling him what you've decided, not blaming it on something else. Again, this is part of being sincere. It is a little more abrupt, but if it is said politely, with eye contact and a smile, it is better than lying to him about why you "can't" talk to him anymore. It will also save you from his wishful thinking that you would have stayed if you could have - which might result in him showing up again later.

If you struggle with the "walk away" part, it is probably because you don't have the appropriate momentum for your exit. It might seem harsh to walk off suddenly after standing there for a while talking to him. This is easily overcome. As you sense that you want to leave, start to collect your things, or get your money out to pay for your drink, or get down or up from your seat, etc. Do these things without stopping the conversation. He will see this and therefore be primed for your exit, which in turn will make it less awkward for you. It will also help you commit to leaving so that you don't falter and give in if he tries to convince you to stay.

As for men who are extremely rude or inappropriate in their approach, or guys that grope you: just walk away. You owe them nothing, least of all respect.

Related Posts

1. [The More Confident He Is, The Less He Likes You](#)
2. [How to Reject a Guy](#)
3. [How to Turn Down a Guy for Sex](#)
4. [Why Rejection is a Good Thing](#)
5. [What It Is Like to Be Rejected by Girls](#)

How to Make Any Outfit Better

November 20, 2012 | by Andrew | [Link](#) | [Original Link](#)

Any outfit can be improved by adding lace. Lace makes an outfit look ornate, eye-catching and more feminine. I have yet to meet a man who doesn't find it more attractive. Next time you buy something new, consider getting it with a lace fringe or overlay - or wearing one with it. I think you will be surprised by how much more attention you get because of it. If lace isn't possible, flowered patters are a close second.



(And no she isn't hotter on the left only because she is wearing hoop earrings - though she looks good in both pictures partially due to her heels and hair.)

Here is another example:



I realize there are probably instances when lace is inappropriate or excessive, but the point here is that you are probably not wearing enough of it, especially if you live in a sexually de-polarized country like the United States.

Men Care About How You Talk

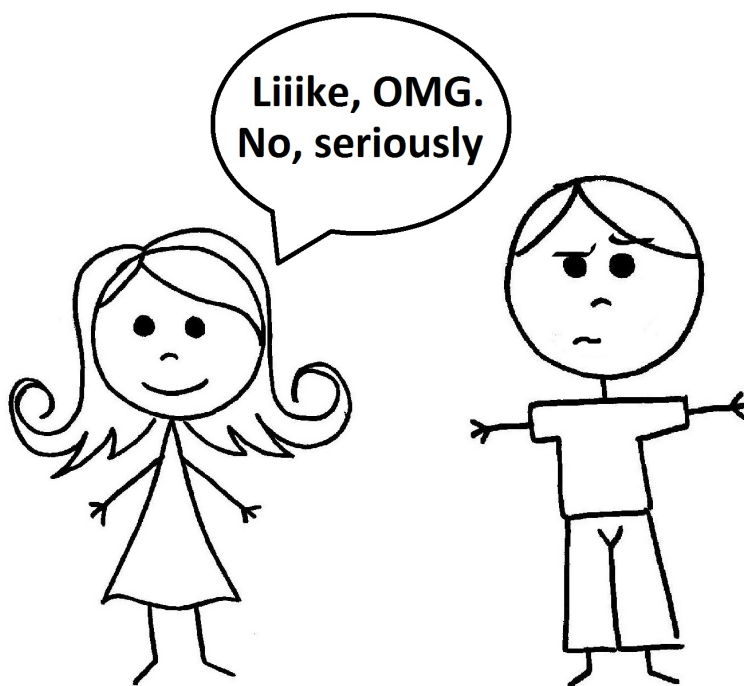
November 21, 2012 | by Andrew | [Link](#) | [Original Link](#)

Consider two ways that a girl can (and American girls often do) speak the same message:

[In a whiney, high-pitched voice] "Do you even KNOW how difficult it is being a girl in a bar? last night I WANTED to just, like, hang out, but then this suuuper weird guy, like, comes up to me or whatever, and just STANDS there and is all awkward, like, as if he was going to start a conversation or whatever, but like, then - I don't know - he just... looked at me... it was just, I don't know, weird. So then he just goes 'can I buy you a drink?' and I didn't know what to say because I felt bad, but then Jenna just steps in all of a sudden and goes like, 'what do you want? do you wanna to talk to her? why don't you just TALK to her? because buying her a drink is just like buying a conversation from her anyway.' I mean, like, the whole thing was soooooo. embarrassing. I should have just, like, never even gone out."

...compared to:

[In a normal female voice] "It's awkward sometimes being a girl in a bar. Last night I didn't particularly want to meet any guys, but I went out with some girlfriends anyway. One guy - who was more than a *little* strange - approached me, hesitated awkwardly for a few long seconds, then nervously asked if he could buy me a drink. I froze up because I didn't want to hurt his feelings by refusing. But then Jenna stepped in and rudely demanded to know what he really wanted from me. She even asked him why he didn't just start a conversation with me, rather than trying to 'buy' the opportunity with a drink. The whole situation was embarrassing; I wish I'd stayed home."



I am sure you don't need me to tell you which of the two is more attractive to men. But here is the interesting thing: I know plenty of genuinely smart women who talk like the first example. It isn't always so bad, but often it is. Rather than using their abilities to do otherwise, they subconsciously attempt to mimic stupid women. They do this because stupid women are usually also beautiful and

popular. In other words, they emulate them out of insecurity and a desire to be more beautiful or popular. Smart, confident women - even if they aren't beautiful - do not talk like the first example.

Smart girls that *do* talk like idiots are right in one sense: men are attracted to the women who talk that way. But what they don't realize is that men like these women because they are beautiful - that is, in spite of their apparent lack of intelligence, not because of it.

You've seen the same phenomenon in men. Think about how many guys you know that are smart, but still talk like jocks or meat-heads (whose speech habits actually do represent their lack of intelligence) to some degree, in order to feign masculinity, "coolness" and confidence:

[In an exaggeratedly deep, "macho" voice] "Dude, so, after we hit the beach, do you wanna maybe... I don't know, hit up downtown tonight? I mean, but first we should grab something to eat or somethin' 'cause I'm gonna be starving. Gotta make sure we eat before we party, you know? Otherwise tomorrow morning will be suuuper painful man."

...compared to:

[In a normal male voice] "Hey, what do you think about going out downtown tonight after we get back from the beach? We should stop to eat first though; we don't want to drink on an empty stomach - that's like begging for a hangover."

Think about how much less attractive the first example of male speech is compared to the second. That is how ugly you sound to men when you talk like the first female example. I have met or seen a few gorgeous women that I was uncontrollably attracted to until they opened their mouths, and I've experienced the same loss of attraction in lesser degrees countless other times.

So stop and think for a moment about your speech habits:

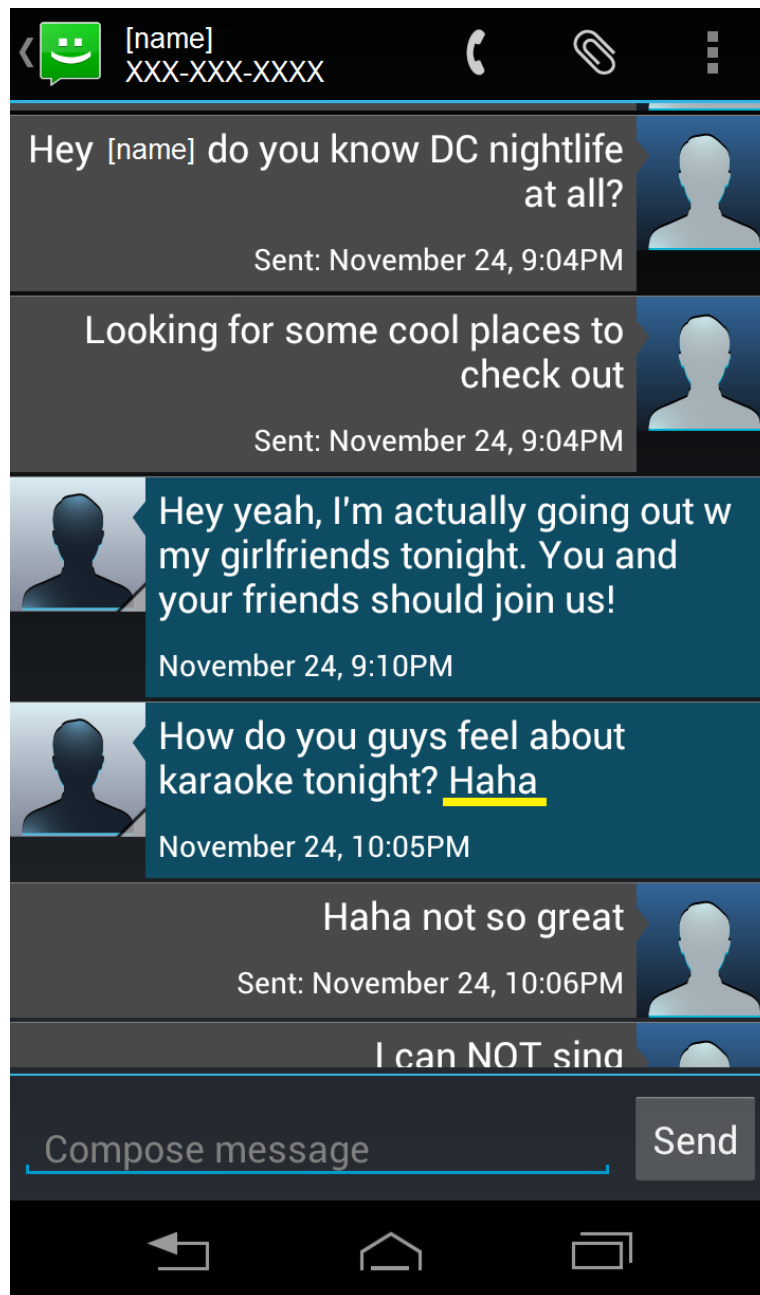
- Do you articulate ideas or stories concisely?
- Do you say "like" or "you know" or "um" all the time?
- Do you over-emphasize modifiers rather than choosing ones with stronger meanings?
- Do you talk in run-on sentences?
- Do you hyperbolize your vocal tone into an obnoxious pseudo-feminine whine?

If you do any of these, stop. You are crushing your ability to attract a man on a personal level. Even if men don't need you to have a PhD, we are attracted to women who can think; and if this isn't evident in your speech, we will assume that you cannot.

Texting Tip 1 - Laughter

November 26, 2012 | by Andrew | [Link](#) | [Original Link](#)

A lot of people use laughter in their texts to convey that they are just kidding, or only semi-serious, or just to be light-hearted. By laughter I mean "haha" or hahaha," rather than "lol."



Consider the text conversation in the screenshot from my phone on the right. Specifically, consider the girl's second text, "How do you guys feel about karaoke tonight? Haha"

The placement of the "haha" at the end of the text betrays insecurity. It makes the laughter sound like it was an after-thought, pinned on at the end to soften the text's meaning - because it was. In this instance, the girl wanted to invite me and my friends out, but was unsure about whether I would like her suggestion - hence the awkward laugh after her question. (It is worth noting that the karaoke suggestion text arrived about an hour after the one suggesting that we join them.)

In normal speech we laugh as an idea forms in our mind, and *then* we verbalize it - often while still laughing; but we almost never say something and laugh afterwards (one exception to this is when we tell a joke with a punch line). So the "haha" at the end of a text sounds forced and awkward, and therefore insecure. It is the text-equivalent of a person saying something sarcastically when they actually mean exactly what they are saying, but don't have the balls to say it to you straight.

Imagine if the same text, in the same conversation, were instead written with the laughter at the start:

| "Haha how do you guys feel about karaoke tonight?"

Suddenly the laughter sounds genuine and the insecurity is gone. The text changes from connoting "I hope you will like the idea of karaoke but I am worried that you won't so I'm going to pretend it's only semi-serious" to "Here is a ridiculous but fun idea: let's go do karaoke tonight. Are you in?"

So this tip is simple: never place laughter at the end of a text, and certainly don't follow up a text with another that just says "haha" (this has the same bad effect but to a greater degree).

Sticking to this rule can help you save face when you are texting men. More importantly, it will force you to acknowledge and correct your insecurity each time you feel it: **the act of fixing the laughter in your text will force you to internalize the more confident stance it conveys**, and this confidence will gradually become a habit.

Related Posts

1. other [Texting Tips](#) (coming soon)
2. [How to Improve Your Posture - Part 2](#)
3. [Learn How to Be Social](#)

Are Manicures Worth It?

November 27, 2012 | by Andrew | [Link](#) | [Original Link](#)

Last year, two of my female cousins were in town, staying with me for a wedding we were all attending. When they arrived, they told me they *had* to find a place nearby to get manicures and pedicures. Since they'd only just arrived, but the salons would be closing soon, they invited me to come with them so we could catch up. "You can get your nails done with us" they suggested.



I'm mildly homophobic, so I balked a little; but I'd heard of straight guys getting them before, and I was also curious to see what these "manicure" things were all about. Eventually I decided that there had to be *some* boundaries, so I accepted their invitation but insisted on leaving my feet untouched - no pedicure, because *that* would be gay (ha!).

Now, I understand that some women get their nails painted with fairly ornate patterns at nail salons, others have fake nails applied very carefully, and I am sure there are some other practical reasons for a trip to the salon. And don't get me wrong - the hand massage was awesome and I got to catch up with my cousins while we were sitting there. But as I looked at my nails after the manicure was finished, I struggled to see any significant difference from how they would have looked if I'd spent ten minutes on them myself. And in that moment, I realized something: **women do not go to nail salons to have their nails cleaned; you go to nail salons to be pampered.** Lesson learned.

So are manicures worth it? Should you go to the salon before going out every weekend? Well, I can tell you with certainty that a manicure won't help you attract men any more than spending a few minutes clipping your nails and cuticles by yourself, and maybe painting your nails (which adds a nice effect when it is done tastefully, by the way). But if you think it is worth it to get your hands oiled and massaged, and to sit back and relax while small Vietnamese women attend to your every need, I say go for it. I get it. I'm not judging.

Related Posts

1. [Feminine Beauty Is Highly Controllable](#)
2. [The Importance of Heels](#)

3. The Importance of Hair
4. How To Avoid Looking Fake

Female Game for Girls in Their Teens

November 28, 2012 | by Andrew | [Link](#) | [Original Link](#)

[This is the first of a three-part series that describes how to focus your dating efforts in your teens, twenties and thirties. There are links below the post to the other two parts.]

Female game consists of three parts or stages:

1. Making yourself as attractive as possible
2. Making yourself approachable
3. Filtering out the men that just want to have sex with you from the men that want to date you

While these general stages apply to all women, a woman's age, experience and eligibility should factor heavily into her approach to dating if she wants to eventually find a man to settle down with. Therefore, various aspects of these three stages - or the components of each one - are more or less important at different times in a woman's life.

Girls in their teens should be mainly focused on stages 1 and 2, and should also focus on preparing for their dating prime - which will come in their 20s. This can be done in the following ways:

- **Realize that having the upper hand won't last.** Men in their teens are less confident than girls in their teens, and they think less about the opposite sex. The kind of cunning that makes men difficult to manage in their 20s and 30s is not something that many guys in their teens have developed yet (an exception may be a guy in his late teens with older brothers). A few will be naturally successful with women, but in general guys your age will not know how to attract you. This will give you the upper hand in most cases, but you should realize that this advantage will not last. Curb your ego accordingly.
- **Don't date exclusively.** While teenage relationships might seem important at the time, they will seem petty in five years, and pointless in ten. Your interactions with men in your teens should be fun learning experiences, but nothing deeper than that. The guys you date will change so much in the coming years that you can almost be sure that no teenage relationship will end in marriage.
- **Develop your look.** Since you aren't trying to lure in a husband yet, you can afford to fuck up more with your appearance. Use that leeway to your advantage: now is the time to grow comfortable wearing different kinds of clothes, try different hairstyles, and take fashion risks in order to learn and eventually settle on your best look.
- **Stay a virgin.** Wait until you are older and more experienced with life before having sex. There is simply no need to start accumulating sexual partners and STDs now. The fact that all the cool girls are doing it just means that they won't be the cool girls ten years from now; they'll be sluts. If you are so horny that you can't control yourself physically, masturbate.
- **Avoid older men.** By older men I mean men in their 20s and 30s (or older). You are not experienced or confident enough to be attractive to these men on a personal level yet. The ones that show an interest in you only want sex. And they are dangerous because they probably know how to manipulate you emotionally in order to get it. Stay as far away from them as you

can, no matter how attractive they are, or how exciting it is to be with someone older. The time for that will come.

- **Observe, Observe, Observe.** Take all of the energy you would spend on frivolous, Taylor-Swift-style relationships, and pour it instead into observation. Notice how men act and what they respond to in women. Pay attention to the differences between you and them, since these will only become more pronounced with age. Ignore the advice of your girlfriends (which is probably full of either projection or feminism) and instead pay attention to what men do.
- **Be aware of your influences.** You will watch countless romantic comedies or read literature that idealizes relationships. Recognize that, although sometimes these have elements of truth in them, they are not based in reality. You will develop unreal expectations if you peg them to fictional characters. If your parents say you shouldn't watch something because it is trash, trust them. Put a strong emphasis on what you observe in real life, not what you consume for entertainment.
- **Develop your taste.** As you observe guys, try to recognize what it is that you find attractive about the men you are drawn to. By the time you are twenty, you should have a rough idea of the things you like in a man: how important is confidence to you? how much does a guy's looks matter? do you want someone passionate or someone responsible? etc. Notice especially that many attractive qualities are often mutually exclusive (e.g. ambition and easygoingness, responsibility and spontaneity, or strength and sensitivity).
- **Challenge yourself daily.** Whether you do this by willingly embracing social awkwardness, or by starting an exercise routine, or by working to correct or implement personal habits, you should be always pushing yourself a little bit - improving your abilities, knowledge, and expanding your comfort zone.
- **Resist the pressure to be masculine.** Your parents, teachers and peers will undoubtedly tell you that your personal success hinges on your grades, your degrees, your career and your accomplishments. No one is going to tell you (the truth) that, in the eyes of men, your value as a woman is much more a function of how much they enjoy *experiencing* you: seeing you, talking to you, playing with you, relaxing with you, enjoying your energy and openness, and loving you - physically and emotionally. So when you are pressured to get an advanced degree, ask yourself "is this what I genuinely want? will this make me happy?"
- **Develop your female friendships.** Many women pour all of their efforts into relationships with men. This is understandable at some ages, but it often comes at the expense of female friendships. By fostering female friendships in your teens, you will strengthen them so that they will last through the times when you devote everything to your boyfriend. Then you will still have their support when he turns out to be an asshole, or when you need a social circle through which to meet new guys, or when you need someone to confide in.

In your teens you should be laying a solid foundation of knowledge about the opposite sex, while practicing self-restraint in the face of social pressures to do otherwise. The overarching themes are preparation and patience.

Related Posts

1. Female Game for Girls in Their 20s

2. Female Game for Women in Their 30s
3. How to Adapt Your Game According to Your Results

Why Do You Want Him Back?

December 3, 2012 | by Andrew | [Link](#) | [Original Link](#)

I get a lot of e-mails from women who are desperate to win back a guy that has slowly stopped contacting them, or explicitly broken up with them, or refused to engage in an exclusive relationship. They want to know what they can do to "make him want me again." Rather than giving them advice about what will hook him and pull him back in, I point out something to put the situation in perspective...

When a man rejects a woman, her desire to get him back usually consists of two parts:

- (a) her desire to be with a man she really values and is attracted to, and
- (b) her desire to prove that, deep down, he actually does want her.

In my experience, women are often (if not usually) motivated more by (b) than they are by (a). That is, they want to regain their pride more than they actually want to be with the guy in question. I've had a number of women even tell me (after taking a moment to think about it) that the guy they want back so badly is nothing like the man they imagine themselves marrying. In some cases, they admit that they probably would have ended things with him if he hadn't done it first - or even that they can see themselves ending things sometime down the road if he takes her back. Their authentic desire to be with him is rarely the motivating factor for wanting him back - even if it still plays a small part.

So before you drive yourself crazy trying to salvage a newly-ended relationship, think for a moment about your motivations: do you *really* want to be with him, or are you just trying to fix your wounded pride? Because your pride will naturally heal over time. But forcing yourself back into a relationship that he chose to end once already is a good recipe for having him end it again, which will just scar your ego further.

By acknowledging your real motivations, you will make it easier to come to terms with the breakup and be able to move on as quickly as possible.

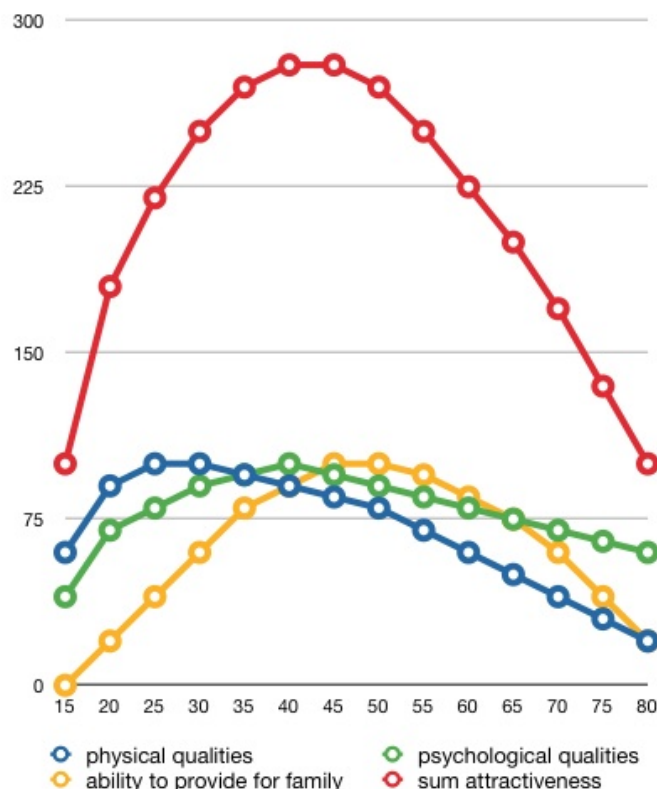
If you liked this post, you'll definitely like my book, Beyond the Breakup, which says a lot more about understanding your mindset and your ex's in the wake of a breakup.

Related Posts

1. [Why Rejection Is a Good Thing](#)
2. [Get Used to Rejection](#)
3. [Don't Initiate Contact](#)
4. [Know Why You Are Dating](#)

Male Age and Attractiveness

December 7, 2012 | by Andrew | [Link](#) | [Original Link](#)



When I first published the post [Your Age and Your Attractiveness](#) (which graphically illustrates the change in a woman's attractiveness as she ages) I received a number of requests to create similar charts for men. I declined, since - being a straight male - I didn't consider myself an objective judge of male attractiveness. And anyway it was outside of the scope of this blog.

But recently I was reading an [interesting post](#) on [Hooking Up Smart](#), and I followed a link to another post that does exactly what those readers requested of me - it plots male attractiveness against time, and even breaks it down into its primary components. I've included the main plot on the right, but the post is definitely worth a read. Here is the link:

The Socionist: [Male Attractiveness Over Time](#)

It is a striking complement to the post I wrote on here. There are a lot of similarities. The author discusses [variations on typical attractiveness curves](#) and his plots are similarly generated. In fact, if he didn't write his a couple months before mine I'd probably start throwing around accusations of plagiarism. But he did, so I should probably start expecting one from him...

Related Posts

1. [Your Age And Your Attractiveness](#)
2. [Some Older Women Are Smart](#)
3. [Don't Let a Guy Waste Your Most Eligible Years](#)
4. [What Men Think About Older Women](#)

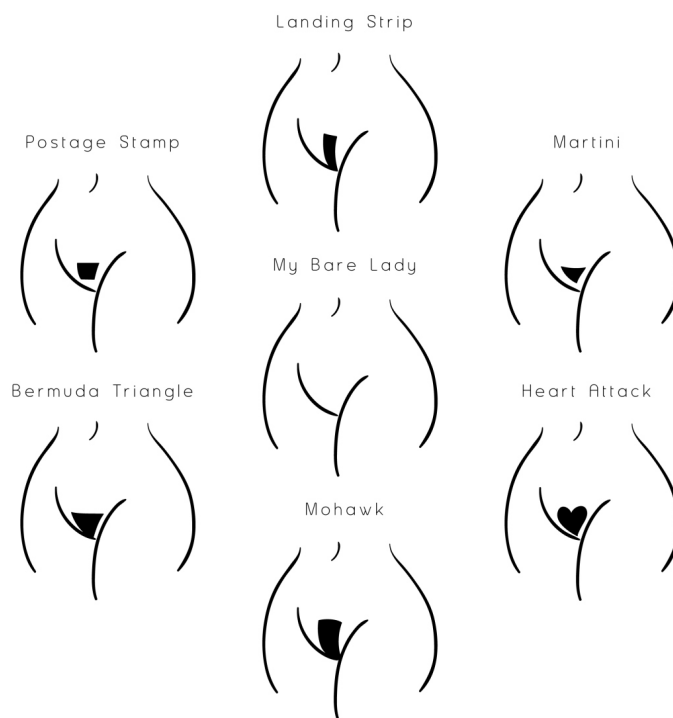
What Men Think About Your Pubic Hair

December 11, 2012 | by Andrew | [Link](#) | [Original Link](#)

For whatever reason, the topic of female pubic hair is one that men discuss frequently. This probably has something to do with the fact that trends in pubic hair have been changing in the last few decades, and is most likely fueled further by the male obsession with vagina and sex in general. Whatever the case, I have had the "do you like it when girls have pubic hair" conversation dozens of times with dozens of different guys. The consensus is always the same:

- A large percentage of men like women to have no pubic hair.
- A large percentage of men like women to have a small amount of trimmed pubic hair.
- A negligible percentage of men like women to let it run wild.

Unfortunately I haven't found any reliable studies that attempt to quantify these percentages, but even without them there is an obvious takeaway: **if you aren't at least trimming, you are turning him off.** Men think about your pubic hair the way you think about male facial hair: most women have a preference one way or the other, but very few are offended by a man's beard if it is trimmed and neat.



The men who like no hair usually argue that it is smoother, cleaner, softer, etc.

The men who like a "Landing Strip" or any of the styles illustrated on the right (other than "My Bare Lady") usually argue that "a woman with nothing down there looks like a little girl. It makes me feel creepy."

I have never actually met anyone who likes pubic hair completely grown out, but I assume this is the case because I've seen links online to pornography with hairy women, and the laws of supply and demand suggest someone is watching it. I'm going to step out on a limb and call it a fetish more than a preference.

Every man I've talked to has also agreed that a woman should remove as much hair as possible below the top of her vagina, since no guy likes flossing his teeth while going down on a girl. I imagine shaving that area is a difficult thing to do without drawing blood, but most women I've encountered seem to manage.

Stubble is a big turn-off, and it is worse when there is razor burn or ingrown hairs. Waxing is a good way to avoid this. It hurts, but you know what they say: "no pain, no gain." Pop some ibuprofen before you go for your appointment.

Laser hair removal in your genital area costs a few thousand dollars, and takes 6 - 8 short sessions to complete. I used to date a girl that had it done and the results were awesome. If you don't have a strong preference yourself, I suggest waiting until you are married and getting your husband's opinion before you go one way or the other.

It is worth mentioning that there is some debate about whether pubic hair prevents or causes the spread of some STDs.

Feedback Survey

December 13, 2012 | by Andrew | [Link](#) | [Original Link](#)

In order to collect some feedback for the future of the blog, I've created a quick survey. Especially if you are a frequent reader, please take the time to answer these ten short multiple-choice questions by following this link:

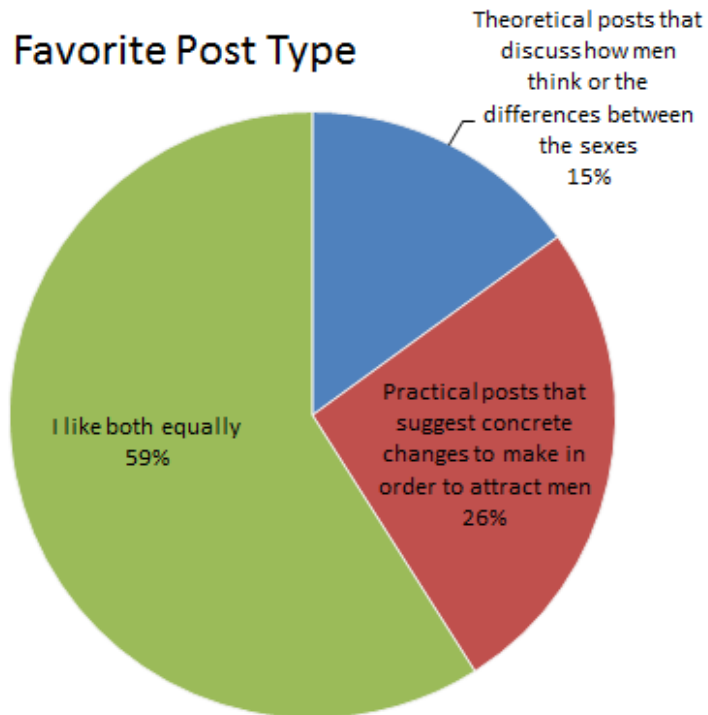
<http://www.surveymonkey.com/s/Y95QDV7>

Thanks in advance. I will make a post about the results once I have them in.

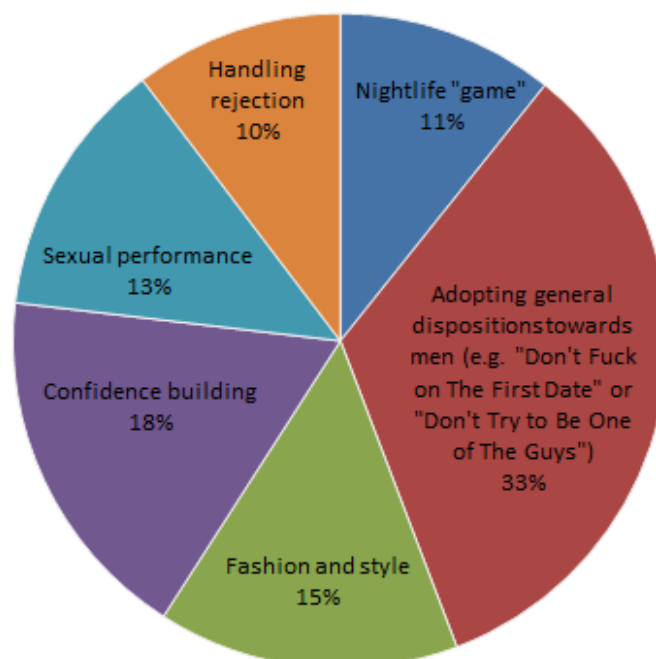
Feedback Survey Results

December 19, 2012 | by Andrew | [Link](#) | [Original Link](#)

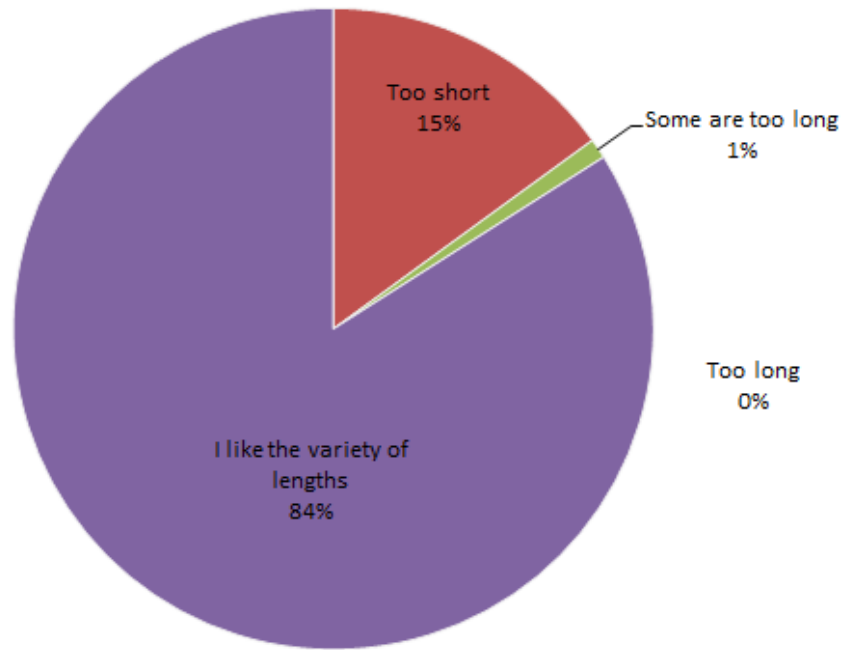
Here are the results of [the survey I posted](#):



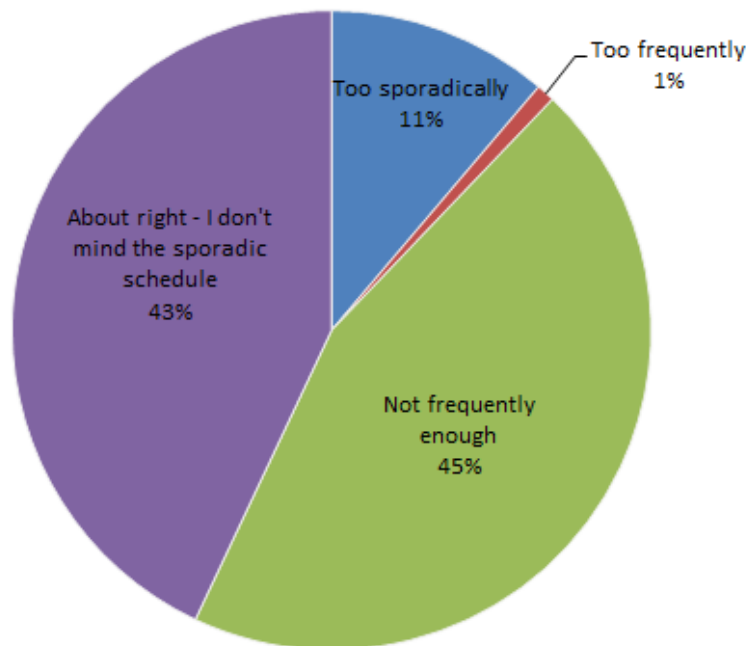
Favorite "Practical Advice" Post Type



Post Length: Most Posts Are...

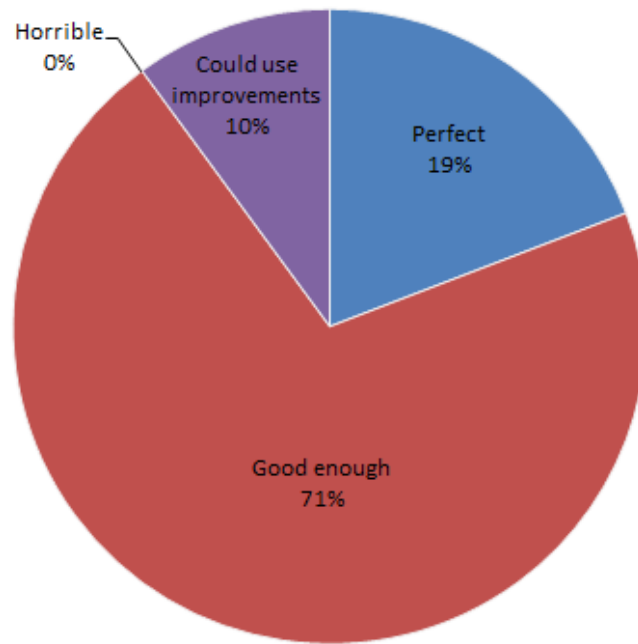


Post Frequency: Posts Are Published...

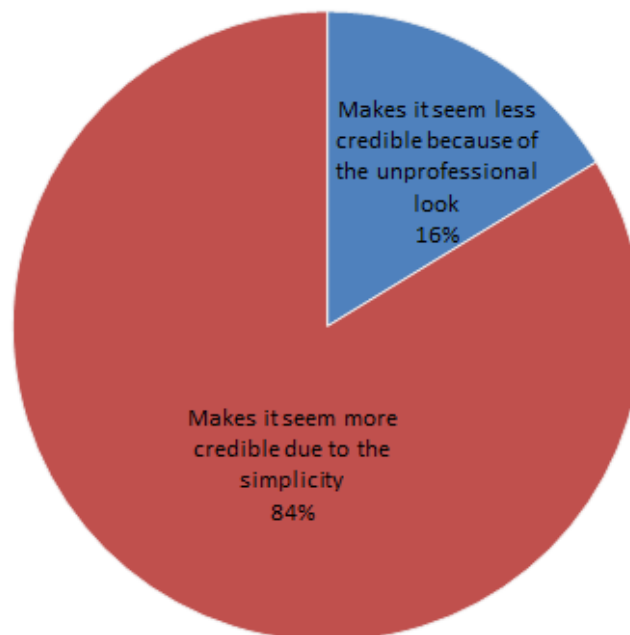


The resounding admonition from the comments on the "post length" and "post frequency" questions was: "longer and more frequent would be nice, but don't sacrifice quality for quantity."

The Blog Layout Is...

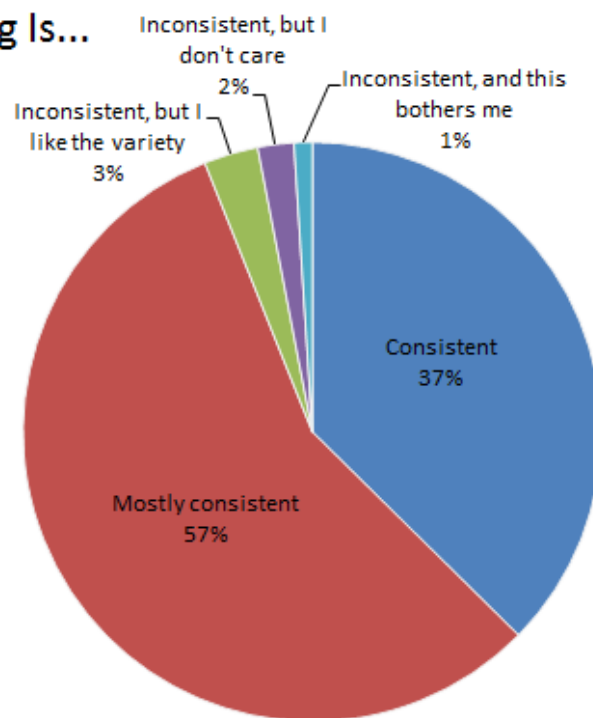


The Blog Layout Simplicity...

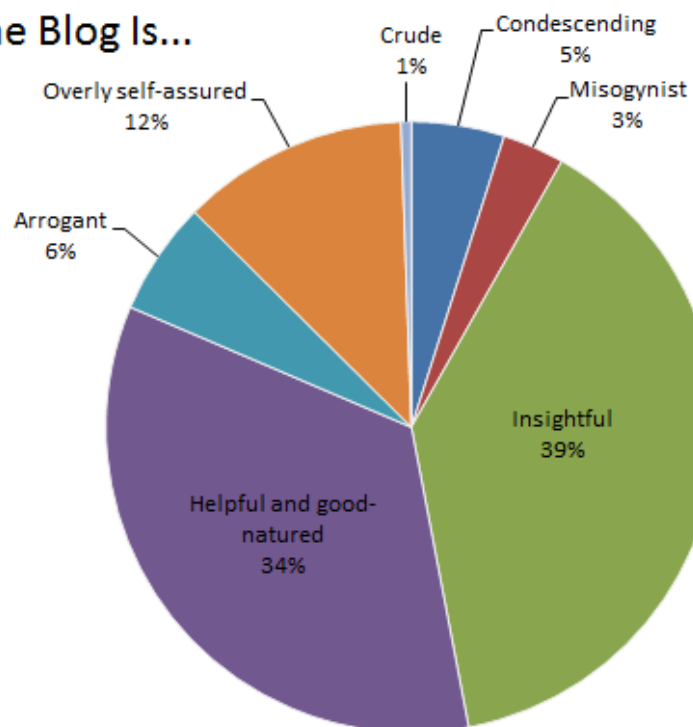


A lot of people commented that they didn't think it mattered one way or the other, so I think these results are wrongly skewed in favor of more credibility.

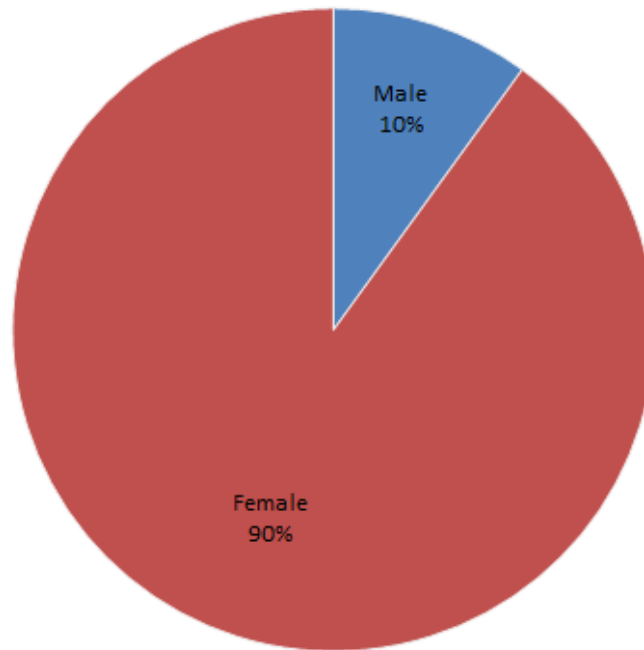
The Tone of The Blog Is...



The Tone of The Blog Is...

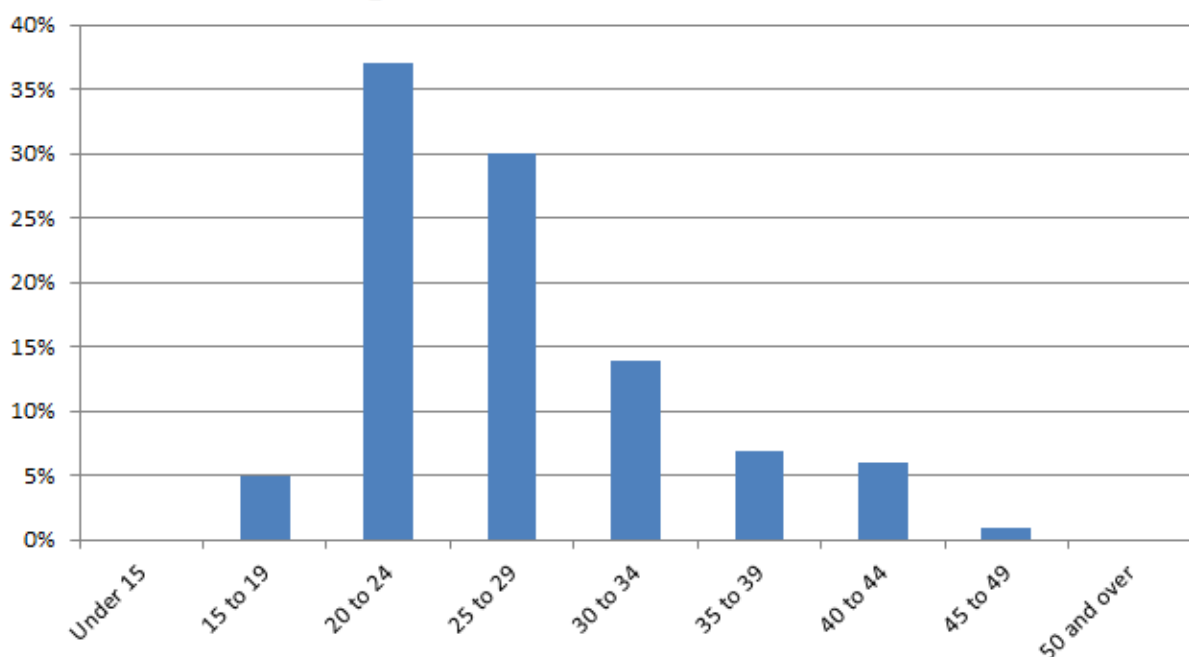


Sex of Audience



I was expecting less men than this, but it's good to know guys are reading too.

Age Distribution of Audience



Thanks to everyone who took the time to complete the survey. The results were mostly unsurprising but I got a lot of good ideas from the comments you wrote in below each question, and will be incorporating some of them in the future.

Think About Where You Live and Work

December 20, 2012 | by Andrew | [Link](#) | [Original Link](#)

You may have perfected your look, your personality, your fitness, and your confidence, but if you aren't crossing paths with men frequently, it is all for nothing. You can't attract men that you don't encounter, and you can't encounter men without a social life.

A couple years ago I dated a beautiful, very sweet girl who lived in the suburbs with her parents, about 45 minutes outside the city. She commuted to her job at the local hospital by car, everyday, alone. Her coworkers were either middle-aged (and married) or older. Her family had moved around a lot when she was growing up, so she didn't have a social circle from her childhood. She rarely went out, struggled to make friends, and was generally unhappy. Last I heard she was in-and-out of a relationship with a guy that her mother hated and she was unenthusiastic about at best; but she stayed with him - I assume for lack of other options. This girl was an 8 out of ten in most guys' books, and a 9 or 10 in others'. She was smart, gentle, had an amazing smile and loved to dress up and go out (I always wished I liked her more, but ultimately we didn't click and I had to let her go). It was depressing to see her suffocated by her living and working situation. I always urged her to move away from her parents and into the city, where she could work at a younger hospital, socialize, meet guys, make friends, go out, and generally thrive. But she was too scared to move. She didn't feel comfortable leaving what she knew so well after so long.

Especially if you aren't the most outgoing person in the world, your work and living situation can dramatically improve your social life - or cripple it. And your social life, in turn, determines how frequently you meet new men. The frequency with which you meet new men not only gives you opportunities for meeting one you like, but it also gives you opportunities to practice interacting with men and to learn from your mistakes. I don't think it is a huge stretch to say that your choice of job and living location can play heavily into your success in the dating world.

You might question how simply moving to another location or job will improve your social life - and you'd be right that some additional effort is needed. But the sheer proximity to restaurants, other people, nightlife, museums, parks, stores, etc. - all of this facilitates social interaction. For example, if you live near a gym (which is very likely if you live in the city) you are more likely to meet people when you work out - at a spin class, or even while you are checking in. If you live near a park, you are more likely to run or walk there, and maybe join the sports leagues you see playing there on weeknights. If you live near nightlife, you can invite your coworkers out and give them a place to crash afterwards (this will create memories and develop friendships). All of this can help - in small or big ways - to expand your social circle. It isn't just about crossing paths with men; it's about living where more people are and where more things are happening, it's about **exposing yourself to opportunities**. In a sense, choosing where you live and work is the most fundamental way of making yourself approachable - a critical part of female game.

Of course you shouldn't completely neglect the financial or professional side of this decision; but does it really make sense to choose how to spend the majority of your waking hours without regard to *who* you will spend them with, or *where* they allow you to spend your free time? Does it really make

sense to sacrifice opportunities to make friends and meet men, just for a small boost in your career?

So...

- If your job actively prevents you from interacting with people you could make friends with, quit. Your professional life is almost definitely not as important as your social life.
- If live in the suburbs, move to the city. You can find cheap place in any city. If it isn't as nice, get used to it. If you increase your commute 45 minutes a day, suck it up. Spend the time listening to books on tape or talking on the phone.
- If you spend an hour a day on your laptop at home rather than in a coffee shop or some other public place because none are convenient to you - force yourself out of the house.
- If you commute by car when you could take public transportation, consider switching.
- If you pass up opportunities to go out to bars or nightclubs, or to hang out with coworkers because it is a pain to drive into the city - move closer.
- If you don't go out to restaurants occasionally with your friends because you all live in different suburbs and nothing is local to you, move.

The list could go on forever, but you see the point: choose where you work and live wisely, because it will affect your social life, and by extension, your success with men.

Related Posts

1. [Learn How to Be Social](#)
2. [You Are Responsible for Your Own Romantic Happiness](#)
3. [Bars Are a Good Place to Meet Guys: Part 1](#)

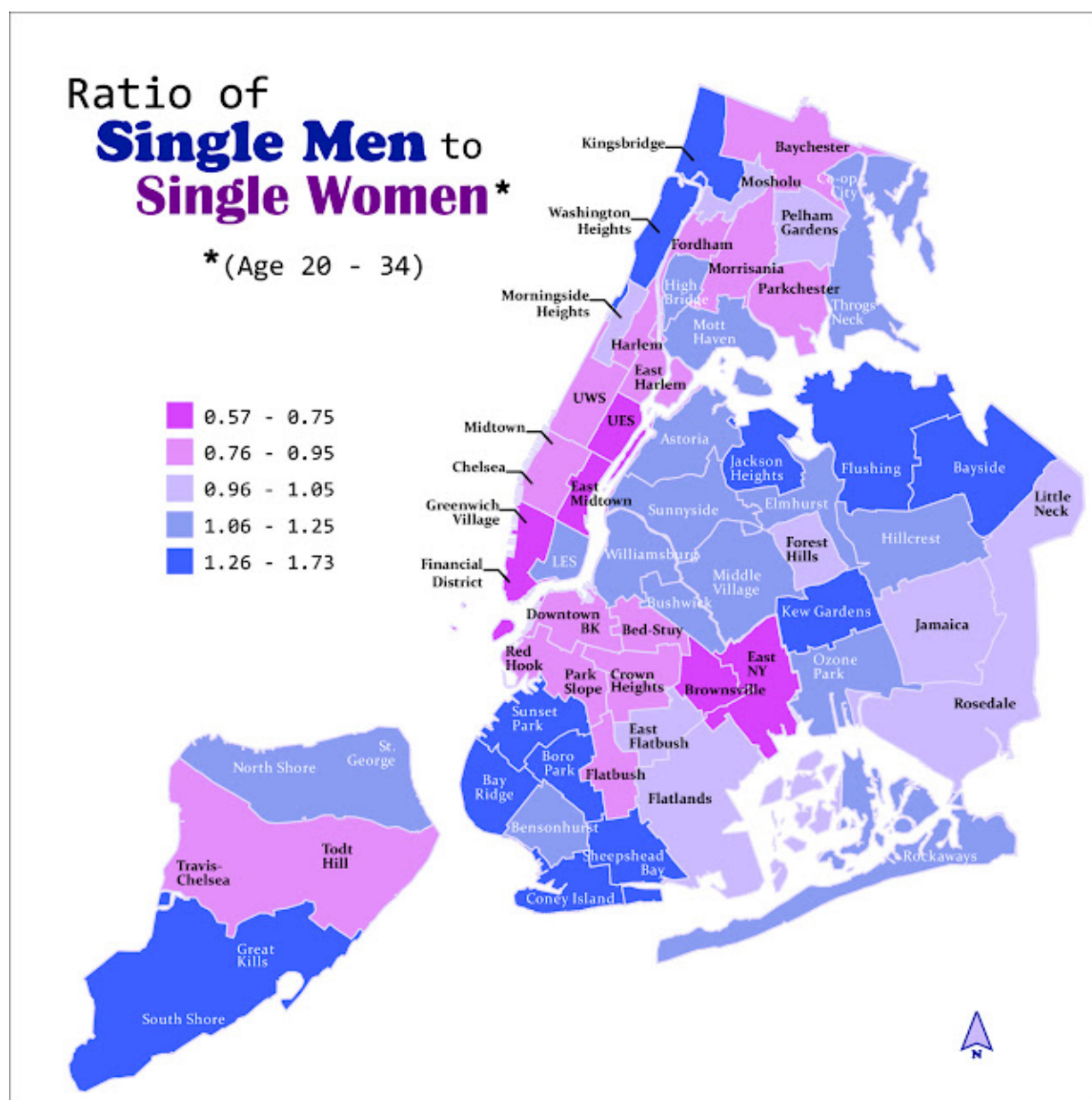
Sex Ratio In New York City

December 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

In the spirit of the post I made recently about considering where you live and work, those of you who live in New York City will be interested to read this post on NYCEDC:

<http://nycedc.tumblr.com/post/16175652438/ratio-of-single-men-to-single-women-in-nyc-new>

It looks in more detail at the sex ratio in New York City, and attempts to debunk the "myth" that there are so many more women than men living there. A cursory look at the numbers across most of Manhattan, however, combined with the realization that leaving Manhattan isn't very common for those who live there, seems to actually support the stereotype. In any case, have a look:



If I were a single girl living in Manhattan, I would do everything I could to aggressively suppress my Sex-and-The-City-induced romantic notions of "city life" and get the hell out of there.

Men That Like You Will Explain Themselves

December 23, 2012 | by Andrew | [Link](#) | [Original Link](#)

There are any number of signs that indicate a man's disinterest in you, or give away his attempts to sleep with other women. Maybe he goes out to a bar without telling you about it, or stops contacting you for a while. While in most instances these kinds of behavior reveal his true intentions (which have little or nothing to do with dating you), it is also true that in some instances there will be a perfectly reasonable explanation for what happened. Maybe he went to the bar without telling you because it was a last-minute thing with his coworkers and his phone had just died. Or maybe he hasn't contacted you for a couple days because his family just arrived in town and they've been together non-stop.

The difference between a guy that has a genuine interest in you and one who doesn't, is that the interested guy will give you a *specific* explanation about why he behaved the way he did, while the disinterested guy will give you a *vague* explanation - or no explanation. (An overly-interested guy will give a rambling and specific explanation with apologies interlaced between the details - but you aren't worried about how to spot men like this, you are more interested in losing them.)

Take the first example - your guy goes to a bar with his coworkers without telling you about it. On the one hand he might be out trying to pick up some new women, but on the other hand his phone might have legitimately died so he may have had no way to contact you.

Consider the range of explanations he could give you:

The Overly-Interested Man

"Babe, the company decided at last minute yesterday to have a going away party for Joe, and I'd forgotten to charge my phone last night so it was completely dead by the time we left for the bar. I had no way of telling you where I was; I'm sorry. I had to go to the party, too, because my manager was going to the party and told us all that he expected us to be there. Babe, I'm sorry, I would have called if I'd been able. I even thought about using Neil's phone to call you but I couldn't get your number off my phone. I hope you don't mind."

The overly interested guy would continue to give obsequious explanations if you pushed him on it - but you probably wouldn't since you'd already trust him and not care much about where he was anyway.

The Interested Man

"Sorry about last night. I wanted to call you to give you a heads up but my phone was dead and my manager insisted that we all go to this impromptu going away party for Joe. It was at Bootleggers, downtown - cool place actually. We should go there next time we go out."

The interested guy would follow up his explanation with a little more detail if you pushed him on it, saying something like "Yeah I know it was dumb not to charge my phone, but then I was in that meeting I told you about all day today, so I didn't realize until we left for the bar that it was dead." or "No, I know it was weird, but I think my manager realized that

Joe might be working for our clients in the future, so he wanted to send him off on good terms - hence the need for a good turnout."

The Disinterested Man

"I went to this thing for work."

Typically if a man is disinterested in a woman, she will be interested in him - so she won't push for more details because she'll be worried about upsetting the already-precarious relationship. But if she does, she is likely to be met with something like "It was a party for a guy who is leaving" or "Oh, it was nothing; don't worry about it."

This whole phenomenon boils down to the fact that, **in proportion to his interest in you, he will be concerned with your opinion of him, and will want you to understand why he behaved strangely.**

It is worth noting that some men might need you to express your disapproval before offering an explanation for their behavior - men are sometimes oblivious to a woman's feelings. But if you express your disapproval or tell them (calmly and reasonably) that you were worried or upset, this should elicit a specific explanation for his behavior, not a vague one.

Finally, while it would be tough or even impossible to perfectly correlate his interest to the degree of specificity in his explanations, you can still use this principle by bearing in mind this range of possible explanation types, while asking yourself "Is this how a man who cared about my opinion would explain himself?"

Related Posts

1. [The More Confident He Is, The Less He Likes You](#)
2. [How to Deal with Men Who Have Bad "Game"](#)
3. ["Because Of" Versus "In Spite Of"](#)

Female Game for Girls in Their 20s

December 26, 2012 | by Andrew | [Link](#) | [Original Link](#)

[This is the second of a three-part series that describes how to focus your dating efforts in your teens, twenties and thirties. There are links below the post to the other two parts.]

Female game consists of three parts or stages:

1. Making yourself as attractive as possible
2. Making yourself approachable
3. Filtering out the men that just want to have sex with you from the men that want to date you

While these general stages apply to all women, a woman's age, experience and eligibility should factor heavily into her approach to dating if she wants to eventually find a man to settle down with. Therefore, various aspects of these three stages - or the components of each one - are more or less important at different times in a woman's life.

As a girl in your twenties, you are moving into and living through your most eligible years, and should tailor your game accordingly. Your goal should be to meet and date as many eligible men as you can, in an effort to increase the statistical probability of meeting one guy that you can really love. In order to do this effectively you need to be honest with yourself, and filter out the men who will waste your time - even when you are tempted by your emotions, pride or biology to do otherwise. This requires that you spread your attention across all three stages listed above, in the following ways:

- **Establish the right foundations.** There are a number of things a girl should do in her teens to prepare for her twenties. If you haven't done all of these things, or still need to work more on some of them, do so first. Because you have an age advantage over the girls doing these things in their teens, you will be able to learn some of these lessons faster and perhaps more effectively. But these steps are critical - they should not be skipped.
- **Adjust and improve your look as you become a woman.** Continue to learn about your complexion, make up, fit and style, and continue to improve your appearance. Your efforts in this realms should be informed by three concepts: (a) your appearance matters, (b) your appearance is controllable, and (c) you can always look better than you do now.
- **Embrace your sexuality.** As you become sexually eligible and your confidence grows, you will begin to feel comfortable in your own skin - in a sense, literally. Your look should migrate from cute towards sexy. There is no longer any reason to hide your body, any more than there is a reason to suppress your smile or intentionally give yourself a bad hairstyle. Show off your figure with class of course, but also recognize that living in denial of your sexuality is a recipe for unhappiness.
- **Realize that your male peers are growing up.** As you move through your twenties, men will start to gain the upper hand in relationships, due to their high sex drives and promiscuous nature. You should have prepared yourself for this during your teens, but now it means that your defensive game (filtering, #3 above) will become increasingly important. Adjust your

disposition towards men accordingly: don't initiate contact, cut off guys who dump you, and - most importantly - wait for commitment before you sleep with anyone.

- **Put yourself out there.** Now that you are looking for a husband, you should - ideally - meet new men almost on a daily basis. The only way you will do this is by going to places and doing things to facilitate it. Creating this kind of exposure is a huge part of "making yourself approachable." If this means forcing yourself into awkward social situations, so be it. If it means you have to hang out with people that you don't particularly like, deal with it. But living in the suburbs with your parents, skipping happy hours with coworkers, or staying in on weekends will not accomplish this. You are the only one responsible for your own social life, so put yourself in living and working situations conducive to interacting with men, and learn to be social.
- **Don't waste your time.** If you are interested in getting married, your mid to late late twenties is the best time to find your husband, and your early twenties is a close second. Wasting time in obviously dead-end relationships because you "just don't want to put pressure on him" is bullshit - and is either a symptom of your insecurity, or just stupid. Make sure that your boyfriend knows what you eventually want, then be honest with yourself and cut your losses when you need to.
- **Avoid men your own age.** For most of your twenties, men your age will be either actively fucking around, or otherwise disinclined to settle down. Most (not all, but most) do not want to get married until their late twenties at the earliest, and they will do whatever women allow them to do in the meantime. You will be fighting a constant uphill battle if you try to date guys your own age. Instead, focus on men who are 3 to 6 years older than you. For example, if you start dating a guy who is 27 or 28 when you are 23, you could conceivably get married a year later. Avoid younger men like the plague and treat men more than eight years your senior with caution - there is probably a reason that they haven't settled down yet.
- **Recognize and seize opportunities.** While 22 might seem a little young to be settling down, you would be stupid to throw away a lifetime of happiness with a solid man for three or four more years of partying, travel or "independence." In your twenties, the upcoming five years always seem like they'll be the most important ones of your life, but they won't be. By the time you are 30 they will seem almost as frivolous and naive as your early teens seem to you now, so forget your concerns about "missing out." A little foresight at this age will go a long way.
- **Know why you are dating.** It is easy to get caught up in the emotions surrounding relationships, to the point that you forget why you got into them in the first place. If your goal is to find a husband someday, remind yourself of this when you are tempted to sleep with a guy who clearly just wants sex, or when you realize that you don't want to end up with the guy that you want to win back so badly.
- **Decide what constitutes good enough.** Forget the notion of "the one" - it is beyond absurd. Only those with an imagination suffocated by Hollywood will lament a loss of "Romance" in acknowledging this. Trying to attract and select "the one" (or even just "the best" one) out of numerous options will inevitably drive you crazy. Think carefully, decide what attributes Mr. Right has, then fight the urge to wait for something better once you find a man that has them. Write down what you are looking for if you find it helpful to do so.
- **Resist becoming jaded.** As you wade through the sea of men who are below your league, don't like you enough, only want sex, or aren't ready to settle down, make conscious efforts to stay positive about your prospects. This means pausing in the midst of your sorrows after being

dumped, and recognizing that you wouldn't value a man that was easy to come by, or that being rejected is part of life. Remember that it isn't your failures (i.e. in relationships) that define you, but how you respond to them: so stop feeling sorry for yourself, get back up, and get back out there.

- **Challenge yourself daily.** Whether you do this by reading a book about raising children, forcing yourself to confront a difficult social situation, or learning a second language when you'd rather be watching TV, you should be constantly pushing yourself a little bit - improving your abilities, knowledge, and expanding your comfort zone. This is how you will stand out from the crowd.

The overarching themes during your twenties should be increasing opportunities and filtering, but both of these should be done with a solid understanding of the dating landscape - which you can get in part from this blog.

Related Posts

1. [Female Game for Girls in Their Teens](#)
2. [Female Game for Women in Their 30s](#)
3. [How to Adapt Your Game According to Your Results](#)

Living Vulnerably

December 28, 2012 | by Andrew | [Link](#) | [Original Link](#)

I read the blog [POSTMASCULINE](#) regularly. The author is a guy who spent years wading through the bullshit world of pick-up tactics, only to finally break through all of that into a place of confidence and authentic success with women. His blog seeks to help other men do the same.



Recently, he made a hugely insightful post about practicing authenticity (or as he calls it, being vulnerable) with the opposite sex. In it, he gives four example dialogues that perfectly illustrate male-female interactions between different combinations of men and women who are either confident and secure (vulnerable) or else insecure: closed and defensive, seeking affirmation from (rather than connection with) the opposite sex.

I've spoken before about being open in the presence of men. His post gives concrete examples of women (and men) being both open and closed.

Although the post is written for men, the concepts are just as applicable to women. I highly recommend reading this post, especially if you are over the age of 25 (younger women will still get something from it, but less perhaps than those with more life and dating experience).

Here is the link: <http://postmasculine.com/vulnerability-and-manipulative-women>

Related Posts

1. [Femininity, Authenticity and Compatibility](#)
2. [Are You Repressing Your Femininity?](#)
3. [How To Improve Your Posture](#)

Fifteen Red Flags in The Dating World

December 28, 2012 | by Andrew | [Link](#) | [Original Link](#)

While none of the items on this list should be considered conclusive on their own, they all point in varying degrees towards "player" or "he doesn't like you enough," and should be recognized as red flags. Watch out for them.

You can be sure that he isn't interested enough, or that he is just trying to have sex with you, if three or more of the following are true:

1. He only invites you to go out with him to bars/clubs, or other places that involve drinking. If he liked you for more than sexual reasons, he would ask you to hang out with him in a normal environment that gives you an opportunity to get to know each other.



2. He contacts you sporadically, and often goes silent for days on end. If a guy is genuinely interested in you, he will crave interaction with you. As long as you are giving him positive feedback when he contacts you, he will maintain or even escalate the amount of contact. A few guys know a little about "game" so his sporadic texts could actually be a poor attempt at attracting you; but men that use "game" tactics heavily are probably just trying to bang you anyway - so your conclusion will be the same regardless.

3. He is overly protective of his cell phone. For example, if you are looking at a photo, he will get up to stand over your shoulder to make sure you aren't looking through his photo gallery; or he will never let you hold his phone. Unless he has something to hide, there should be nothing wrong whatsoever with you looking through his photos or even his texts. Although you should never look through his phone when he isn't around, it wouldn't be a bad idea to see how he reacts if you try this in his presence (assuming you have reason to be suspicious).

4. He only contacts you by text or online chat. These forms of communication are low-investment because they don't require his devoted attention, leaving him free to do other things - including

communicating with other girls. If you have what seem to be deep conversations but they only occur (for example) when he is chatting with you online while he is at the office, you should start to ask yourself questions and keep an eye open for other items on this list.

5. He frequently tries to escalate the relationship sexually, while making little or no efforts to get to know you personally. Guys who are interested in you as a person are probably just as horny as guys who have no desire to spend time with you outside the bedroom. But the guy who is also interested in your personality will curtail his sexual desire in order to avoid giving you the wrong impression.

6. He informs you where he is going, but doesn't invite you. For example, on a Friday night he might text you something like "I am headed to [bar name]" without explicitly inviting you, because his goal is to get you to come to him. This is his filter: if you aren't interested enough to come to him (and therefore more likely to get drunk with him and have sex), he will be free to try his chances with other slutty women.

7. He has never seemed nervous or uncertain around you, even at the beginning when he first approached you. Men who are really interested in a woman for more than her body will be careful about what they say and do around her. They might not be visibly nervous, but neither will they be ostentatious nor cocky.

8. He makes open-ended and non-committal plans with you, like "Let's hang out soon." or "We should get together sometime." Men who want to spend time with you will either have something in mind, or come up with a plan, even if it sucks: "Let's go see the new Disney movie - are you free Thursday night?"

9. He avoids going out to bars and clubs with you because he wants to hit on other girls. Excuses about "guys' night out" or "bro's before ho's" are likely just that - excuses.

10. He goes out to bars and clubs a lot. This is almost self-explanatory. Alcohol is the greatest facilitator of easy sex, and bars and nightclubs - although good places to meet men if you use them correctly - are also the only venues other than brothels that facilitate casual sex.

11. He won't spend his Friday or Saturday nights with you. I can't count the number of times I've avoided dates on weekend nights. Men do this because they want to go out to meet new girls, and Friday and Saturday nights are prime time. For a player, the prospect of something better always looms on the horizon. He is sexually ambitious.

12. He never goes out of his way to hang out with you. For example, he wants to hang out until he finds out that you live far away and then he loses interest or asks you to come to him. Or maybe he wants to watch a routine sports game on the only night you have free, so you have to push the date a week. If (what should be) minor impediments stop him from seeing you, you should be concerned.

13. He tells you that he isn't looking for a relationship. Believe him. It amazes me how many of the women who write to me for advice ignore such a blatant comment.

14. **He makes plans with you at the last minute.** He does this because he is keeping his options open, waiting for something better or more fun with a hotter girl. Maybe he texts you at 7 pm on Friday "Hey what are you up to tonight?" While rules about making him set up a date three days in advanced are quickly growing antiquated as the pace of life increases, the principle that he should like you enough to plan ahead still holds.

15. **He doesn't explain any of the above.** It is reasonable to think that some of the things above could happen occasionally for reasons other than his attempts to get other women, or his lack of interest in you. But if this is the case, he will make an effort to explain his behavior in order to maintain his reputation in your eyes.

Related Posts

1. [The More Confident He Is, The Less He Likes You](#)
2. [Men That Like You Will Explain Themselves](#)
3. [How to Deal with Men Who Have Bad "Game"](#)

The Most Important Time to Dress Well

December 30, 2012 | by Andrew | [Link](#) | [Original Link](#)



In the United States, the most flagrant misconception about dressing well is that it is something you should do only for formal occasions. The popular notion is that you should put in effort when you go out on Friday night, or when you go to a wedding, or when you have a meeting with clients - but not when you run to the store, or get on an airplane, or go to a dive bar.

The fact, however, is that the woman (or man, for that matter) who dresses well is the one that shows up looking good when everyone else is not. A well-dressed woman puts a priority on looking good, regardless of the situation. This doesn't mean that she never dresses comfortably, but it does mean that she does so less frequently. More importantly, even when she does dress comfortably, she maintains a sense of style and considers her appearance above her preference to "just throw something on." The most important time to dress well is whenever you are inclined to put in the least amount of effort. It is in these occasions that you stand out from the crowd. So, I challenge you:

For the next three days, whenever you choose your clothes for any occasion, step up the quality and formality of your appearance by one degree relative to what you would normally wear.

If you were going to wear a t-shirt to the grocery store, choose a blouse instead. If you wouldn't normally wear your formal jacket for a trip to the mall, do it this time. If your heels are usually reserved for Friday and Saturday nights, wear them to work. If you don't usually do your hair when you go to a sports bar, put in at least twenty minutes to make it look its best before leaving the house. If you normally wear old and ugly workout clothes when you go to the gym because "it's just working out", get some new ones that work with your complexion.

If you need to, set an extra alarm on your phone for the next three days as a reminder. I've done this myself and I guarantee that you will be surprised by how much better you feel - not to mention look - as you go about your normal activities.

Related Posts

1. [Appearance Checklists](#)
2. [The Importance of Hair](#)
3. [You Can Control How Attractive You Are](#)

How to Deal With His Wandering Eyes

December 31, 2012 | by Andrew | [Link](#) | [Original Link](#)



Below is a question I recently received from a reader, followed by my response to her. I will be posting questions and answers like this more frequently now, as requested by many of you in the recent reader survey. Posts of this nature will be tagged as "reader question."

Andrew,

I'd greatly appreciate any insight you would share about my question:

How do I respond when the guy I am with is flirting and/or staring at other women when we are in situations such as dinner with just the two of us in a restaurant? I see it as a red flag and dismiss the potential for a relationship with men who do this at any relationship stage, and try to accept that they are just not interested enough in me by displaying such disrespect. How do I conduct myself with dignity when this happens? In such situations, I never confronted them about it, I just stopped looking at them, tried to get the meal to end rapidly, and distanced myself by pretty much ignoring them afterwards. Please let me know what I can specifically say or do to address the disrespect I feel when placed in that situation, to potentially give the relationship a chance, depending on how the man conducts himself afterwards. Thank you so much.

Thank you again and have a good day,

Cassidy

Cassidy,

There are a few things to consider when it comes to your man and other women:

- First, recognize that men are always going to be attracted to other women and will look at them, whether or not you see them doing it. The real problem (in most instances) is not his sexual interest in other women, but his lack of *discretion* and his carelessness about your feelings or reputation.
- Realize that your leverage over the situation depends on how serious your relationship with the

guy is. If it is just a date with someone new, there is nothing you can or should do about it other than suffer through it and let it influence your decision to accept or reject him the next time he asks you out. If he is a boyfriend or spouse, however, you have the right to demand that he stops (see below).

- Realize that **you have a right to a man's attention** when he has chosen to be with you. He *shouldn't* be letting his eyes wander or flirt with other girls when he is with you. If it happens occasionally, by accident, fine; but if he isn't attracted to you enough to keep his eyes in one place, he should break up with you. He is a coward if he does not.
- Very few men look at other women without any regard for the girl they are with. Usually, this is what happens: an incredibly attractive woman walks by, and the guy you are with slips up. Despite his efforts to resist, he looks, taking the risk that you might see him. Although I don't think women can completely understand the temptation of visual stimuli for men, his temptation to look is similar to your temptation to bend the rules on your diet once in a while - it is hard to resist.
- Flirting takes greater intention, is much easier for a man to resist, and should therefore be treated with greater severity.

Now, to answer your question directly: in response to occasional glances, react the way the man's date in this video does (at 0:26 and 0:48):

In other words, maintain an attitude of "Men will be men, but I have boundaries and I would appreciate it if you could look this way please..." The key is to remain calm in these situations, but also to make sure that he knows you don't approve.

Now, if a guy isn't just making an occasional slip-up, but is simply letting his eyes wander everywhere all the time, or flirting with women openly in your presence, you will need a commensurately stronger approach. This is how you should deal with it:

1. Your first move should be to point it out to him: "You realize that I see you checking out all these girls right? Do you know how that makes me feel?" This should be a rhetorical question, but if he answers "no," tell him honestly how you feel.
2. If that doesn't stop him (which it probably won't, but at least he will be primed for this next step), you should make a demand: "Look, [his name], it makes me look bad when you are checking out every girl that walks by, and it doesn't do anything for my self-esteem either. You need to stop." Again, I am assuming you are in a relationship with the guy in question here, which gives you the leverage to make a demand like this.
3. That might have an effect. If it continues further, tell him the same thing again, but add "**...if you don't like me enough to keep your eyes off other women, at least have the balls to break up with me and go chase them like a real man. Don't just stare at them from the safety of a relationship that you clearly don't want.**" That should get his attention.
4. If at that point he still doesn't stop, break up with him. End of story. You don't deserve a man who constantly reminds you of your inadequacies, or, more importantly, one who disregards your feelings when you openly tell him they are being hurt.

Hope that helps,

Andrew

Related Posts

1. other [Reader Questions](#)
2. [Men And Sexual Variety](#)
3. [Men Don't Have Commitment Problems](#)
4. ["Bros Before Hos"](#)

Why Large Earrings Are Attractive

January 2, 2013 | by Andrew | [Link](#) | [Original Link](#)

A reader, Caroline, recently commented on [the post about large earrings](#), offering an explanation about why they are attractive. I thought it was worth sharing:



"I'm pretty sure I read somewhere that earrings create the illusion that the wearer's features are more concentrated in the lower part of the face, thus making them more attractive. Children have big foreheads with their eyes being about half way down their face. So this appearance equals youth, equals fertility. Supermodels e.g. Nathalia Vodianova, Lily Cole, Miranda Kerr have retained this facial structure into adulthood.

"Big earrings also contribute to the impression of facial symmetry and draw attention to the cheekbones. Also, as you age, your jawline becomes less defined. I'd say hoops [and other large earrings] draw attention to your jaw, so this is another way they make you look young. I'm just spouting pseudo psychology here but I think to varying degrees there is truth in all these points! I also agree with the comment about them being traditionally 'ghetto' and the appeal of the slutty edge they give an otherwise nice girl."

This seems on-point. Thanks for the comment Caroline. If anyone else has seen this explanation and remembers where, please post a link in the comments.

Related Posts

1. [The Bigger The Hoops, The Bigger The Whore](#)

2. The Importance of Heels
3. An Interesting Hair Experiment...

Misconceptions

January 10, 2013 | by Andrew | [Link](#) | [Original Link](#)

The most recent [post on Hooking Up Smart](#) borrows a Venn diagram from a website called [Doghouse Diaries](#). The diagram attempts to dispel a few myths about what men find attractive in women. While of course [all men have different tastes](#), and projection is inevitable, I was still a little disappointed at [what the author came up with](#).

Below is my take on the phenomenon he recognizes. You'll notice that I kept a couple of his points. I also used a list format so that the differences can be seen more clearly.

Things that actually make girls attractive.

Feminine hairstyles
Their affection
Being sexual
Openness
The right make-up
Cheerfulness
Not acting like a slut
Being hard to get
Wearing tight clothes
Being in shape
Good posture
Being willing to travel
A willingness to get dirty occasionally
Not getting sloppy drunk
Things their guys friends say look good
Not hating his favorite music
Her enjoyment in the bedroom
Being (genuinely) impressed by him
The ability to be independent
Willingness to give oral sex
Having a good sense of humor
Wanting children
Being sweet
Good family relationships
Personality
Faithfulness
Taking an interest in things men love
Having solid female friendships
Having a beautiful voice
Being willing to cook
Etc.

Things that girls think make them attractive.

- Flirty hairstyles
- Their academic degrees
- Being sexual
- Emotional strength
- More make-up
- Confidence
- Not dressing like a slut
- Playing hard to get
- Wearing men's clothes
- Being in shape
- Height
- Being well-traveled
- Liking the outdoors
- Being able to drink liquor straight
- Things their girlfriends say look good
- Loving his favorite music
- Taking control of him in the bedroom
- Being impressive to him
- Being independent
- Willingness to give oral sex
- Being funny
- A good career
- Being sassy
- Good family relationships
- Intelligence
- Celebrity or status
- Loving the things men love
- Having all guy friends
- Being a famous singer
- Knowing how to cook
- Etc.

Related Posts

1. [Why Women Don't Know What Men Want](#)

2. Don't Try to Be One of The Guys
3. The Analogy Between Confidence and Beauty

What Men Think About Your Intelligence

January 14, 2013 | by Andrew | [Link](#) | [Original Link](#)

A reader recently commented on the post [Men Don't Care About Your Accomplishments](#).

I am a highly intelligent woman, though not a genius by any means. However, men my age tell me that intelligence is not a turn-on for them. They say that as long as a woman is "reasonably intelligent" that is what they need... This makes me think that I might be possibly too cerebral to attract men... I laugh but I'm not bubbly and I never dumb myself down for men.

Someone rightly pointed out that part of what put men off was my desire to correct things they said that were inaccurate or participate in verbal sparring (I appreciate a good debate). I've reigned that in with good results but I want a man who actually likes my intelligence.

Is this a matter of men liking different things? Does my intelligence make no difference at all? Or is it a matter of combining my intelligence with enough social leverage to not make it my main feature?

This isn't the first time this question has shown up in the comments of this blog - [or in my e-mail](#). I have also discussed the topic at length with my sisters, their friends, and a couple of the girls I've dated. And judging from their absolute disbelief at what I've told them, there is some news to be shared here...

No woman wants to date a weak man. In fact, a man's attractiveness to women hinges on her perception of his personal strength. A man could manifest his strength in many ways: he could be financially powerful (rich), physically powerful (tall or strong), socially powerful (confident), intellectually powerful (smart or witty), morally powerful (good), politically powerful (highly positioned), etc.; but unless you respect and admire him for his strength, however it is manifested, you will not be attracted to him. Even the best-looking man in the world will be rejected by women once they realize he is *weak*.

Men know that their role in a relationship is to be the more powerful one, and to use their power to protect and provide for their woman and children. If you subscribe to evolutionary biology's take on history, you will recognize this as a result of the fact that women have long been the physically weaker sex, and traditionally they have needed a male to protect and provide for them and their offspring. But reasons aside, the fact remains that men want to be the stronger mate in relationships. It gives us a feeling of importance to take care of our woman and children - it gives us *purpose*.

Women also prefer this state of affairs, as is evidenced by the fact that women routinely choose more powerful men as their partners. Women want a man who can hold his own among other men, who is impressive to them, and whom they admire for his strength.

Now, one of the most important signs of a man's power is his intelligence. It is the most pervasive expression of power because it touches every aspect of a man's life and facilitates all other expressions of power. For example, an heir to a large inheritance has financial power, but without

the savvy to invest it wisely, that power will be squandered. A man might be physically strong, but unless he knows how to fight technically, he will be beaten soundly by much smaller, weaker opponents (the martial arts demonstrate this). Or a man might have all the social confidence in the world, but unless he is smart and discerning enough to know how and when to wield it, he will alienate those around him.

Intellectual strength is also instrumental in developing other strengths or powers. A man who is smart enough to understand the biological mechanisms behind dieting is going to be a much more effective in his workouts than the stereotypical dumb jock. He will see faster and better results, and will end up being physically stronger (all else being equal). Or a man who is sharp enough to observe and understand social dynamics will eventually gain more leverage over social situations than will a stupid but naturally confident person; his presence will become more commanding. Or again - more simply - smart men are more successful at their jobs and make more money than unintelligent ones.

One of the most common comments on the post Men Don't Care About Your Accomplishments, is the suggestion that men are "threatened" or "intimidated" by smart, accomplished and intelligent women. When a woman is smarter than a man in a relationship, it isn't necessarily "intimidating" or "threatening," but it does rob him of a large portion of the *power* he feels that he needs in order to fulfill his role in the relationship - that is, in order to protect and provide for his woman and children. Note that it isn't his absolute power that is important here, but his power relative to hers. He needs to feel both powerful himself and needed by her in the relationship, both needs being intimately linked.

If this doesn't make sense, consider the same point by analogy: a man needs to feel admired and respected in a relationship in the same way that a woman needs to feel adored and desired. A woman's traditional role is to be the mother of the couple's children, and in order to fulfill that role she needs to be beautiful and radiant enough to attract her man - to make him want her sexually. A man who feels powerless in a relationship is like a woman who feels undesired in a relationship.

Alternatively, imagine how it would feel to date a man who was far more physically attractive than you. I don't mean more attractive "for a man;" I mean more attractive absolutely. Imagine he is tall, incredibly handsome, has the perfect physique and dresses impeccably. You, on the other hand, are slightly out of shape, have aged faster, aren't the best looking woman in the world, don't really do the whole "make up thing" well, and can never seem to pull off "stylish." Now imagine walking into a party on this man's arm. Heads turn from every direction as you walk in, but to take in his beauty - not yours. You are barely noticed. This is how a man of inferior intelligence (read: weakness) can feel in the presence of a woman who is much smarter than him. And this probably goes a long way towards illustrating how the feeling isn't "threatening" or "intimidating" so much as demoralizing - which is worse.

All of this is background to making the point that men want to be smarter than their woman, and they want this not because they are proud or misogynist, but in order to feel a sense of purpose. They aren't afraid of or threatened by smarter women, but their woman's intelligence can prevent them from having the advantage of power that makes them feel masculine and garners their woman's admiration.

Most women will admit that they don't actually *want* to be smarter than their man. While it might initially be an affront to hear that men want to be smarter than the women they date, you actually have the corollary desire. You want to be smart, and you understandably want to be given credit for your intelligence; but you know that intellectual ability plays heavily into a man's strength, and you want your man to be powerful - not only so that he can protect and provide for you, but also because you cannot be attracted to a man you don't admire and respect.

There are two caveats to this generalization:

1. **Men will feel the need to be more intelligent than their woman in proportion to how masculine they are**, because this dictates how much need they feel the need to fill a traditionally masculine role in relationships. It is also true that women will feel the need for their man to be more powerful than themselves in proportion to how feminine they are.
2. As mentioned above, there are different types of power. While intelligence is undeniably important, **what ultimately matters is that the man and woman both value the same manifestation(s) of power and that the man has the advantage in that regard** - whether or not this includes intelligence specifically. So, for example, maybe he and she both care most about physical power. Even though she is smarter, she will still respect and admire him for his height and physical strength; and he will be proud to fill the role as the one who is physically stronger in the relationship. In most instances, couples will put various levels of value on some combination of the different manifestations of power rather than all of it on one of them. But in the majority of relationships, intellect will play a large role.

One final and important point: intelligence is still undoubtedly a positive trait in women, so long as it does not undermine the man's strength by exceeding his. One of my favorite qualities of my most recent ex-girlfriend was her willingness and ability to talk for hours about our observations, ideas, and experiences related to a vast variety of subjects. She was always curious and often pensive. She was probably the smartest girl I have ever dated, and it might not be a coincidence that she was my most serious girlfriend.

So to conclude: a woman's intelligence is undoubtedly an attractive quality, but it has the negative side-effect of undermining a man's ability to feel powerful, and a woman's ability to admire him. The moral? Seek out men that are smarter than you, or at least, men that you still admire greatly in spite of their lesser intelligence. Keep at an arm's length any man whose overall abilities you start to question. Be cognizant of his feelings of strength in the relationship, always making sure that he feels - or rather, knows - that he is more powerful than you. And finally, smarter-than-average women: rest assured that your intelligence is not a negative in the dating world. While it is true that unintelligent men might be turned off by their own relative inability, your intelligence will be highly valued by the men you find most attractive - that is, the smartest ones.

Related Posts

1. [No, Your Intelligence Isn't the Problem](#)
2. [Men Care About How You Talk](#)
3. [Men Don't Care About Your Accomplishments](#)

4. The Analogy Between Confidence and Beauty

Nightlife Tip 1 - Create Space at The Bar

January 16, 2013 | by Andrew | [Link](#) | [Original Link](#)

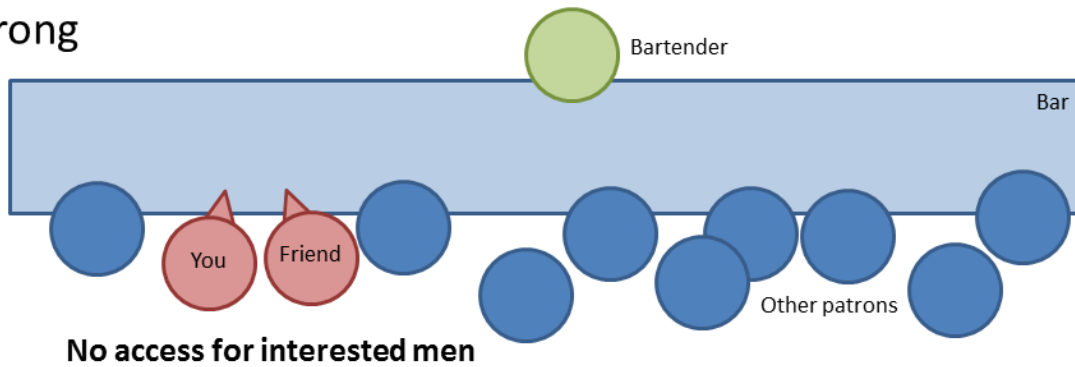
One of the easiest ways a man can approach you in a nightlife setting is to strike up a conversation with you while you are at the bar. He can stand next to you while he is ordering a drink, and wait for an opportune moment to ask you a question or make a comment. The approach is casual, low-pressure on both parties, and gives either of them a subtle way to remain in the conversation (pretend they were going to stay there anyway), as well as a graceful way to exit (i.e. "Well, we have our drinks now - have a good night!").

One of the worst ways a man can approach you in a nightlife setting is to come up behind you and tap you on the shoulder, or grab your arm through the crowd to get your attention when you aren't noticing him. It is abrupt, catches you off guard, puts you (and him) on the spot, and offers no easy exit.

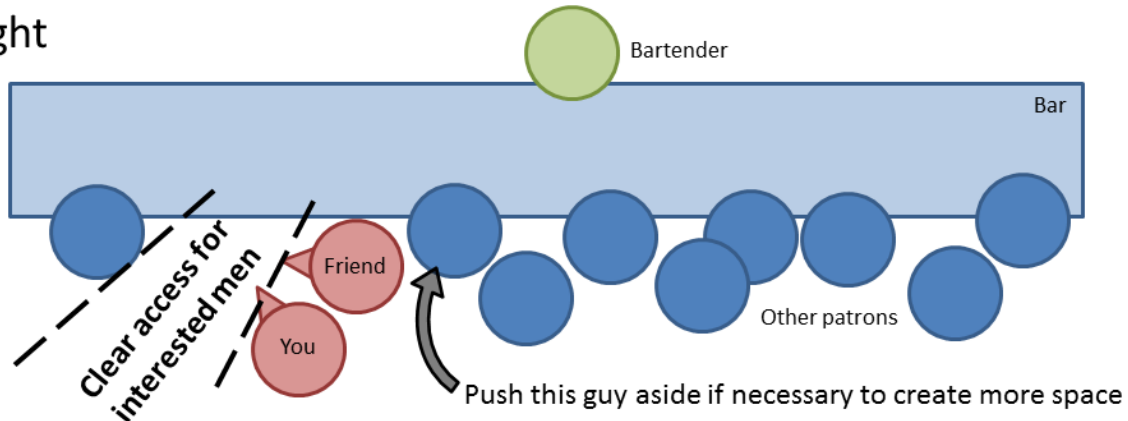
There is a simple thing you can do to facilitate being approached at the bar, and prevent the need for a man to grab or tap you and put you on the spot. Next time you are out, **create space at the bar next to you** or choose a spot next to empty space - ideally the *only* empty space. While there may not be any men noticing you or looking for a way to approach, it would be a shame if simple logistics prevented one from accessing you.

The image below clearly illustrates the technique. In addition to the placement, notice the way the girl's bodies are angled in an effort to be more open to men who might approach. This "open" body language signals to men that you are open to meeting new people (usually they notice it subconsciously - but they notice).

Wrong



Right



As the night progresses and the bar gets more crowded, there will be more pressure pushing people into your "vacuum," and you will find yourself having to move around from time to time in order to always be posted up next to an empty spot. This can sometimes be a good thing since it gives you an excuse to spend time in different spots and be seen by different men. If the bar gets too full, you can apply the same principle as you stand overlooking a railing or balcony, though not having the drink transaction working for you makes this slightly less desirable. Keep in mind that staying in bars too late is asking for trouble, so I am assuming here that you will be gone before this becomes a major problem.

This isn't a magic trick for picking up guys. It isn't going to actively attract men. It will only facilitate the approach of the ones that are already interested. Rather than trying it out this weekend with grand expectations, I suggest making it a habit that you and your best girlfriends do by default, without expectation, every time you go out.

Related Posts

1. [Other Nightlife Tips](#)
2. [Why You Don't Get Approached By Men](#)
3. [How To Make Yourself Approachable](#)
4. [Bars Are a Good Place to Meet Guys - Part 1](#)

Why Men Don't Approach You During The Day

January 18, 2013 | by Andrew | [Link](#) | [Original Link](#)



A reader recently asked [in the comments](#) of another post:

I saw you made a Twitter post about women wearing makeup to the gym...

I go to the gym in my local area a few times per week. I'm one of those girls who wear makeup, albeit not a lot. I am 22, have a good figure and wear tight workout wear.

I have never been approached at the gym. I would have loved to be - there are many attractive men there, and it's in my local high-end area - they're well educated and successful guys, often attractive too. Sometimes I think they may be an age group a bit too old and that some of them are married.

I usually get hit on quite a lot in bars. I see your posts about being around men and making yourself attractive to them. I follow all of that advice - I don't think I have a problem with the attractiveness part. I would love to be asked out in any of these scenes (gym, college...), because I feel I would have more of a guarantee that they're the right guys, but I am simply not. I sometimes catch them looking, but they never ever come over.

What is it? Are men too shy during the day? Or are there some things women must specifically do to make themselves approachable in daytime scenarios?

I probably should have addressed this question a long time ago, when I covered topics like [Why You Don't Get Approached by Men](#) and [How To Make Yourself Approachable](#). In any case, there is a simple answer: men don't approach much during the day because there is a much greater social barrier to doing so. In a bar environment, social interaction is expected. People are *there* to socialize, if not there with the actual intention of meeting members of the opposite sex. Alcohol also facilitates the interaction a great deal, since it makes men relaxed and takes some of the difficulty out of the approach.

In other venues, like the gym, the grocery store, a shopping mall, or just on the street, most people are there to get something done. They aren't there to meet people; they are there to work out, or pick up

some milk, get a new pair of jeans, or get home before it starts raining. Especially in the United States, which is a very accomplishment-focused culture, these activities are packed into an already tight schedule. And while this isn't always the case, and isn't an absolute bar to approaching a woman, **it gives a man another excuse to talk himself out of an already nerve-racking experience**. It is so much easier for him to tell himself "she is probably busy, and I probably wouldn't like her anyway" than it is to barge into her personal space and face rejection.

Your cause isn't helped by the following factors:

- In public places like the gym or a bus, men who want to approach you would be more easily over-heard, so the embarrassment of failure would be greater than in a bar or nightclub.
- Most women tell men "I would never want to be hit on at the gym. I am all gross and sweaty when I am at the gym. I don't want a guy approaching me; I just want to work out in peace." I can't count the number of times I've heard women say this. Granted, I usually understand this to be a self-serving comment, meant to display the fact that (a) men want to hit on them at the gym, and that (b) they have so much attention from men that they don't care. But unfortunately the effect on the male population is the same nonetheless: it tells men that women want to be left alone during their workout or daily activities.
- Most women wear headphones and listen to music when they are in the gym, on the train, or walking down the street. This only heightens the sense that, when people aren't in the segmented few hours of their life assigned to "socializing," they are off limits to meeting strangers. If you follow me on Twitter you will remember the tweet I made recently about women wearing headphones in public. (Men do this too, of course, but it is less of an issue when it comes to being approached, since men normally do the approaching.)

So the short answer to your question is that men don't approach you in the gym or other day-times venues because they have to take much more social risk in order to do so. Most men can't get up the balls to approach a woman at night, so the added deterrents during the day make it even less likely.

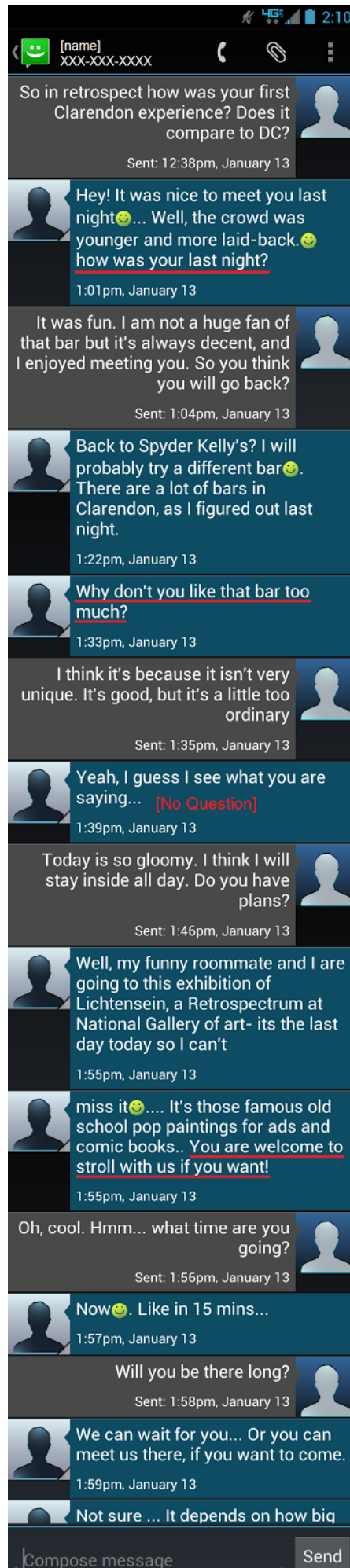
One final note: although you aren't as likely to be approached during the day, and may therefore question the importance of always looking your best, it is worth considering that you are much more likely to be incidentally thrown into interaction with men during the day - for example, when you have a brief conversation with the hot guy at the front desk as you check in at the gym, or when you repeatedly run into an attractive guy at your favorite lunch spot. Not to mention that, by regularly paying attention to how you present yourself, you will learn how to improve your look and thereby optimize your chances in nightlife venues as well.

Related Posts

1. [Bars Are a Good Place to Meet Guys - Part 1](#)
2. [You Always Go To The Gym. And You Like It.](#)
3. [What It Is Like to Be Rejected by Girls](#)
4. [How To Make Yourself Approachable](#)

Texting Tip 2 - How Should You Reply?

January 20, 2013 | by Andrew | [Link](#) | [Original Link](#)



A reader recently asked

"...you said that a female should only be responding to a man's text. So, when responding, does she ask a question to keep the conversation rolling or just give an answer?"

This is a good question. In light of what I've written about not initiating contact, or cutting men off, I can see how a girl might think she should give only very short responses - or even ignore his texts sometimes, in order to see how hard he will persist to get a response.

However, if you extend that way of thinking to its logical conclusion, you end up with a situation in which you are essentially silent, and the man pursues you continually, with no feedback whatsoever. And of course, this would never happen, because after a couple weak responses, a man will simply accept the fact that he has been rejected and move on. This is not speculation; it happens to men all the time when they get phone numbers from girls who aren't all that interested in them. It's happened to me a few times. When a girl doesn't reply, the obvious conclusion is not "It's worth another shot because I *really* like her," it's "Fuck, well, she clearly isn't enthusiastic enough to continue talking... no sense trying again." Some guys will persist just because they figure they have nothing to lose, but a man who respects himself and has options won't try endlessly.

So there needs to be some kind of balance between not taking the initiative (which you shouldn't) and showing too little enthusiasm in your replies. I suggest you follow these rules:

1. Never initiate a text conversation
2. Always be enthusiastic in your responses
3. Give him an opportunity to continue the conversation any time he gives you one.

In other words, follow his lead. If a man has taken the initiative, he has already demonstrated his interest, so there's no need to test him further (in that way, at least). He wants to engage you in conversation, so you need to give him positive feedback if you want the conversation to continue. Otherwise, he will read between the lines and give up. So be authentic; show your interest openly.

Take a look at the example in the picture, which is a text conversation I had a few days ago with a girl I met last Saturday night in Clarendon. She'd only been out in DC before, not in Clarendon (a DC suburb) hence the first text I sent the next day. Her text savvy is solid. Just to avoid any ambiguity, I've underlined in red the opportunities she provided for me to continue the conversation, and noted with "[No Question]" the one time when she did not offer such an opportunity. It probably wasn't a coincidence that she failed to do so right after I made a comment without giving *her* a lead (see rule #3, above).

Also notice her clear enthusiasm to be exchanging texts. She uses smiles and exclamation points liberally, and is fairly verbose in her replies. There are no single word answers, even when only a single word was strictly necessary. While you don't need to be *this* enthusiastic to let a guy know you are interested, it is better to err on the side of more rather than less, especially when using such a bland communication medium (as opposed to talking on the phone or interacting in person).

I am not suggesting that you analyze each and every text a guy sends you, consider these rules, then calculate your responses. But I am suggesting that you use these rules to understand the general

disposition that you should have towards a man who initiates a text conversation with you, and then use that disposition to guide your replies.

Related Posts

1. [Don't Initiate Contact](#)
2. [Other Texting Tips](#)
3. [Should You Give a Guy Your Last Name?](#)

The Analogy Between Sexual and Emotional Support

January 22, 2013 | by Andrew | [Link](#) | [Original Link](#)

Note: I've removed this post, for reasons that are philosophically similar to those described on the placeholder for the removed posts [Never Say No to Sex](#).

In general I don't think the analogy between sexual and emotional support is a perfect one. While there is an element of truth to the comparison, the focus on it masks the more important fact, which is that if you are in a relationship which you feel routinely reluctant to give yourself to your husband or boyfriend sexually, the solution is much more complicated - and much more effective - than both of you simply enduring perpetual misery for the other's sake (hint: it has a lot to do with you both coming to terms with yourselves).

This post allowed the reader to wander too far along a path of reasoning that led to the conclusion that real happiness in relationships is a sum-zero game. In fact, this is only true in troubled relationships. If you both reach a point of self-satisfaction in your personal lives and live vulnerably, the opposite is true.

The original text of the post (annotated) is here: [The Analogy Between Sexual and Emotional Support](#)

Related Posts

1. [Never Say No To Sex](#)
2. [The Analogy Between Confidence and Beauty](#)
3. [We Have a Shared Responsibility](#)

The Dynamics of Dating Shy Men

January 25, 2013 | by Andrew | [Link](#) | [Original Link](#)

A post I made about why women shouldn't take the initiative in relationships evoked some questions about how to deal with shy men - after all, shy men don't chase women, and are unlikely to initiate anything. If a girl doesn't approach or initiate contact with a shy man, nothing will happen. This is true, but handling this situation isn't as simple as you might think...

The first thing to do when you find yourself attracted to a shy man is to question your feelings for him. In other words, ask yourself "Am I attracted in spite of or because of his shyness?"

- If you like him *because of* his shyness, ask yourself further: why do you find shyness attractive in a man? Is that feeling authentic? Do you like his shyness only because you feel like you can't get a confident man? Do you not mind being more socially powerful than him? Women who are attracted to shy men are sometimes manifesting their need to feel dominance over a man (e.g. because they had an absent or abusive father). Other times they run to shy men after being rejected by a confident one (an "Asshole").
- If you like him *in spite of* his shyness, ask yourself further: could you respect a shy man? Would you admire him? In 10 years, will you still find it attractive? This is important because you need to know if his shyness will ultimately be an impediment to a serious relationship. If you know - deep down - that you could never be with a man who doesn't have the balls to pursue you, then you shouldn't waste your time with him (or waste his time with you).

If you answer these questions sincerely and still want to date him, you then face the problem of making it happen - or rather, making *him* make it happen.

I used to be shy. My little brother is shy (with girls). A very close friend of mine is extremely shy, and I know plenty of other guys that are shy. For me it is a familiar mindset. Shy guys, almost by definition, do not have the balls to initiate and pursue women. They fall outside of the predator-prey model for sexual interactions that is assumed in the "don't initiate contact" rule. So it is acceptable for you to initiate with a shy guy. But there are a couple caveats...

The problem with male shyness is that it wears off in specific situations. A shy man may never become courageous enough to approach women in general, but he can eventually grow comfortable with a girlfriend or wife. As the fear of the unknown dissipates with increased familiarity, a shy man's confidence in his interactions with you will rise. His masculine instincts will kick in, and in some cases you can end up with a man that acts towards you the same way that a confident man would have acted from the outset.

So, if you do choose to initiate, do so only during the early stages of dating, that is, until he builds his confidence and comfort around you. Once this happens, you will need to gradually assume a less assertive (more traditionally female) role, because he will then be more liable to get bored with you, wonder if he could do better, consider his other options (the perception of which his newly-found

confidence will likely inflate), fool around, etc.

The second caveat is that even a shy man has pride. Though he knows his own limitations (as prescribed by his shyness), he also knows what a typical man is "supposed to do." So he recognizes, too, when you are doing it for him. This will offend him if you flaunt it, or if it is evident due simply to the social magnitude of the task you've assumed (for example, if you take his hand and lead him through a crowd). That offense will reflect negatively on you and the relationship. So be careful about how much (and which) initiative you take. Unfortunately there is no quantifiable or simple rule here, as his threshold for embarrassment will vary in proportion to his shyness and his pride, which are different in every man.

So how do you initiate? Well, for starters, in the early stages, **you will need to give him blatant signs of your interest**. Aside from their innate male tendency to overlook anything that isn't spelled out in black and white, shy men will by default doubt any sign of your affection. The reason for this is that shy men are more concerned with avoiding the social catastrophe of asking you out and failing than they are of getting you. This is what prevents them from taking the initiative in the first place. If they have even the slightest doubt about your intentions they will hold back. So whatever you would normally do to indicate your interest to a confident man, double or triple it for a shy man (in proportion to his shyness):

- If you would touch him lightly on the arm for 1.5 seconds, hold the contact for 4 or 5 seconds.
- If you would hold eye contact with a confident man for 2 seconds to show him that you are interested, hold a shy man's gaze for 3 or 4 seconds, or do it repeated times.
- If you would normally drop a single verbal hint that you'd like to hang out sometime, do it three times before expecting anything from a shy man.
- If you would normally expect a kiss on the second date from a confident man, wait until at least fifth or sixth to be kissed by a shy man - and in fact, you should probably just make this move yourself.

While I don't suggest that you overtly ask out a shy guy on an "official" date (this would too flagrantly undermine what he knows to be his role as described above), I do suggest that you suggest and then ask him to hang out under casual pretenses. Of course, he will question this over and over in his mind, wondering whether you were asking him to hang out just to be friends, or if you wanted something more. So show him that you want something more - ask repeatedly.

In general, you will need to carry the relationship up until the point that it is "official." When it has been established (or is otherwise clear) that the two of you are together, then you should start reducing your initiative and letting him take the reins. As I said, he will probably start to do this on his own anyway, so rather than forcing it, just be cognizant of the transition. Comments like "Oh, I thought you were going drive/get the tickets/plan the trip/[insert other traditionally masculine roles here]" can help in priming his confidence if it seems to be lagging and it bothers you.

Dating a shy man takes a lot of initial investment for an uncertain outcome. You will probably get

frustrated at his lack of response to your initiatives. **The biggest problem is that it won't be clear to you whether or not his unresponsiveness is a product of his shyness or his lack of interest in you** - because it could be either one. Shy men have taste and standards too. His persistent willingness to hang out with you might be stem from a real interest, but it also might be a manifestation of his unfulfilled desire for female attention; he could just enjoy dabbling in the idea of a relationship but at the same time not like you enough to want anything serious with you. Unfortunately there is no easy way to discern his true intentions without putting yourself on the line over and over again, and seeing how he responds. This can be humiliating, frustrating, even infuriating, and it can ultimately still end in failure. (If nothing else, this will give you good insight into what it is like to be a man.)

While all of this sounds like it might be too difficult to deal with - and many women will come to that conclusion - it is worth pointing out that if you can navigate through the difficult aspects of attracting and dating a shy man, he is likely to be completely faithful to you. Due to the lack of female attention he has attracted or received, he is like an emotional spring that you will release. If you are looking for an abundance of devotion, he has it to give.

So, in conclusion, if you are interested in a shy man, start by questioning that feeling. If his shyness is not a deal-breaker for you, you can initiate, but you need to be careful about striking a balance between sending strong enough signals and not offending his masculine pride. It is a difficult tightrope to walk, but the consolation is that these men rarely receive attention from women, and have a lot of love and devotion to give you.

Related Posts

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When Your Ex Contacts You...

January 31, 2013 | by Andrew | [Link](#) | [Original Link](#)

Hello there Andrew,



I reached out to you about three months ago regarding a man that had recently left me after three years. Well you will be happy to know that I have been dating and self-improving like its my job ;). Your keen advice had a major impact on the manner in which I handled the rejection.

So, my ex-boyfriend sent me a text message last week. It was one of those "Hey, thinking about you, just want to say Hi, how are you?" kind of text messages. Not wanting to sound bitter or unhappy, I gave him a three-word reply. He asked another question and I again gave him a very short reply. He stopped texting after that brief interaction.

Part of me is wondering if that was his attempt to hang out with me again and if he was testing the waters with a text message?

I gave him very uninterested answers which he caught onto quickly. Odds are he will not be trying to contact me anymore but I would really like to see him so that I can show-off a little bit. If my motives are not wanting to get back together but reminding him what he gave up, am I exempt from the "cutting him off rule"? Can I contact him in a few weeks to meet up somewhere casual?

Thank you for reading this!! ;)

Brooke

Brooke,

Wow. This is the *perfect* example of how you are supposed to handle a man who contacts you after

he breaks up with you. So many women would have gotten back in touch with him before he popped up again, or responded to his text with much more than three words. But you played it perfectly - I am impressed.

By the way, wasn't it so much sweeter getting that text after three months of silence than it would have been if you'd been in contact all along? There is absolutely no ambiguity about the fact that he contacted you for the sole reason that he was thinking about you, wondering how you were, and maybe even questioning whether or not he made the right decision in ending the relationship. The clarity of that fact is beautiful.

Now, in terms of showing him what he's missing, I'd be careful about asking him to hang out with you. True, you might sit there and tell him that everything is going fine (i.e. without him) - and it might even be true, as it is in your case. But he could easily misinterpret the fact that you wanted to spend time with him after only three months. After six months or a year, your desire to meet him would be more obviously a case of platonic curiosity about what he's been up to since you last talked. But after only three months, the fact that you made time to see him might outweigh the indifference you demonstrate in a face-to-face setting. So I suggest sidelining that idea for a few months (though I'm willing to bet that by then you won't care what he thinks; you'll probably just be genuinely curious to see what he's been doing).

The more important point, however, is that **your silence already speaks volumes** - *especially* because you never once broke it. Your replies, and in particular their brief and unmoved, matter-of-fact tone also communicated to him how much you've moved on. If you hadn't replied at all, he would have assumed that you were so upset or heartbroken that you couldn't bring yourself to talk to him (which would have been a fine way to handle the situation if this had been the case). And if you'd replied with more enthusiasm or tried to engage him in conversation, he would have assumed that you were still in love with him and trying to get him back. In either case, his ego would have swelled, even in spite of any feelings of sympathy or guilt he had. But your brief replies were at once so casual and indifferent that you can be sure his ego was kept in check, probably even deflated. Moreover, he was acutely reminded of his decision to walk away from a confident woman who respects herself and now has a promising future.

As I said, I am impressed. I hope things continue to go well for you.

Good luck,
Andrew

Update: I had another e-mail from Brooke shortly after the one above, telling me that her ex contacted her again the next day, this time on Facebook, and said "ugh, just read through our log of messages, it takes me back. miss you [pet name]. hope you are well, I miss you a lot! im sure you dont want to hear that but its true..." She did not indicate whether or not she would reply, but it was clear that she viewed this - rightly - as a personal victory (not a victory over him) rather than an opportunity to get back together with him.

Men make mistakes. It is up to you to help them realize it by showing what life is like without you.

If you liked this post, you'll definitely like my book, Beyond the Breakup. In fact, this post has been improved and significantly expanded as one of the chapters, and I explain some important attitudes to foster when you engage him. Most importantly, I give examples of what you can say to him, tailored for various situations.

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How to Comment Using a Name

January 31, 2013 | by Andrew | [Link](#) | [Original Link](#)

The Rules Revisited · [Stats](#) · [Overview](#)



The Rules Revisited Traffic (as of this afternoon)

The internet traffic to this blog has been increasing rapidly, and the number of comments on recent posts has started to follow suit. This is facilitated by the fact that I leave the comments un-moderated, allowing anyone to post - with or without a Google ID or name. While this encourages more people to comment, it also means that the vast majority of people comment anonymously, and this has side effects:

- If someone wants to reply to an anonymous comment, they are forced to refer to the time at which that specific "Anonymous" posted, e.g. "@ Anonymous from 3:45 pm." This can get confusing and annoying.
- It prevents frequent commenters from interacting in constructive ways, because there is no way to read a comment in light of that Anonymous poster's previous comments.
- It allows people to hide behind their Anonymity and post retarded or offensive shit without damaging their reputation.

I am not going to start limiting who is allowed to comment or what they are allowed to say, but **I want to encourage you to post using a name**. Keep in mind that you don't have to post using your *real* name; you can use a pen name instead, as several regular commenters already do (much appreciated, by the way). If you use a pen name, you will be "known" only to the other readers of the blog, and only in light of your previous comments. Your boss won't find out about your office romance or the drama with your ex in the cubicle next to you. I've posted instructions below to show you how to post using a name.

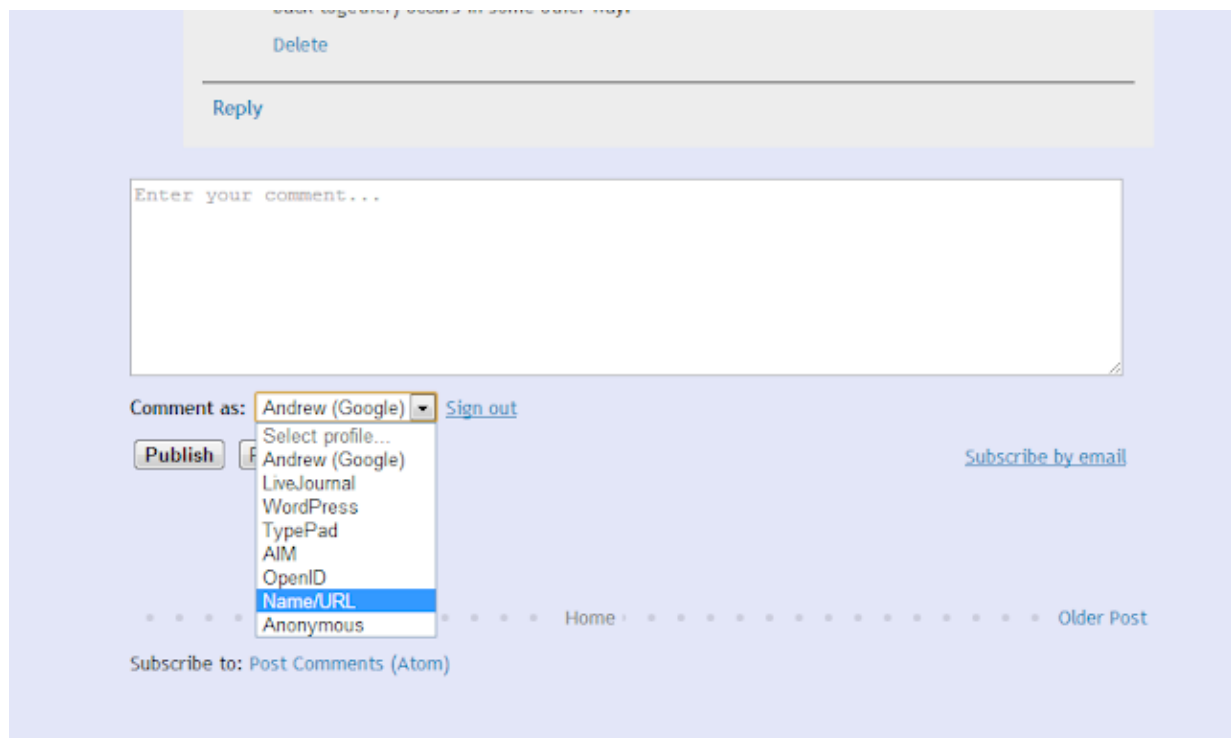
Another point: as this blog grows, I am struggling to keep up with responding to comments; a large number have gone unanswered recently. The schedule for my full-time job is about to ramp up too, which will make it harder still for me to respond. I'd like to encourage those of you who read frequently (and understand the spirit of the blog) to reply to other readers' questions.

Finally, please note that you can subscribe to the comments you leave, so that you will get an automatic e-mail notification when anyone replies. Then you don't need to keep checking or remember where you left the comment. You can do this by clicking on the "Subscribe by email"

link to the bottom right of the comment box.

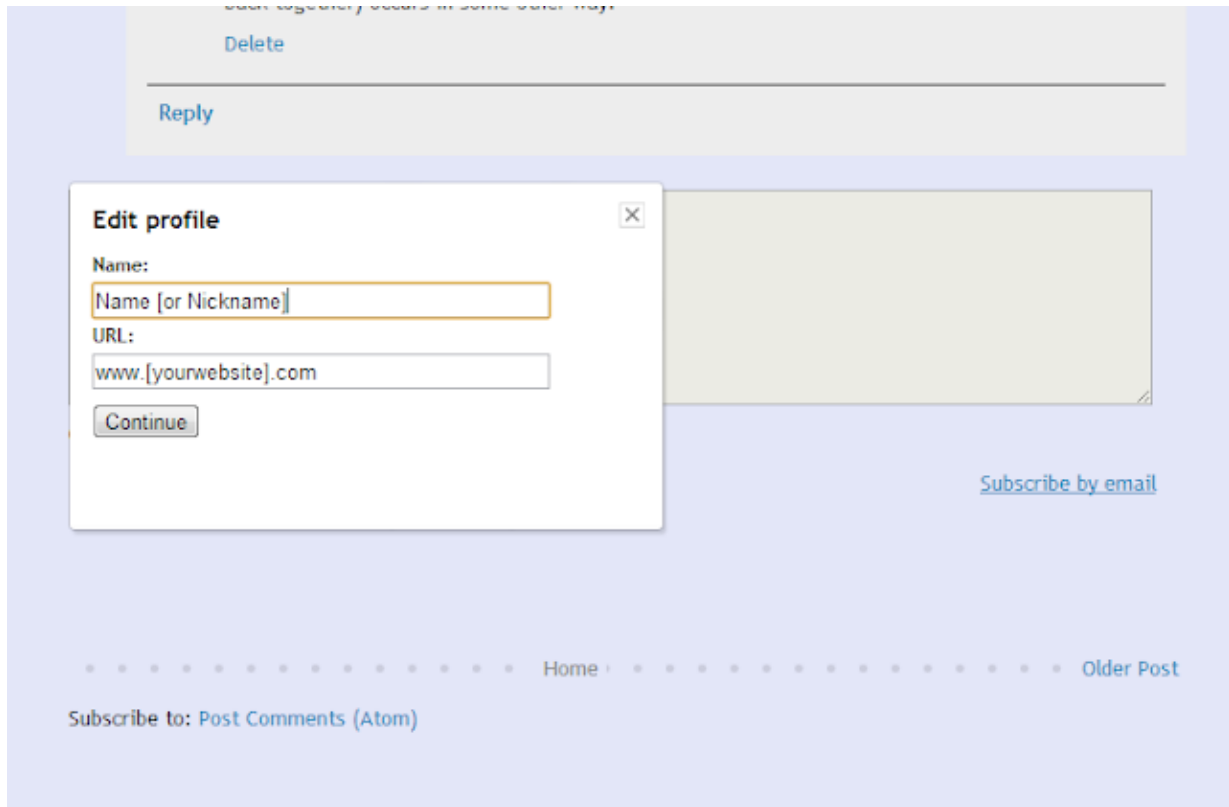
Here is how you post using your name:

Step 1. Select the Name/URL option from the pull-down menu above the comment box.

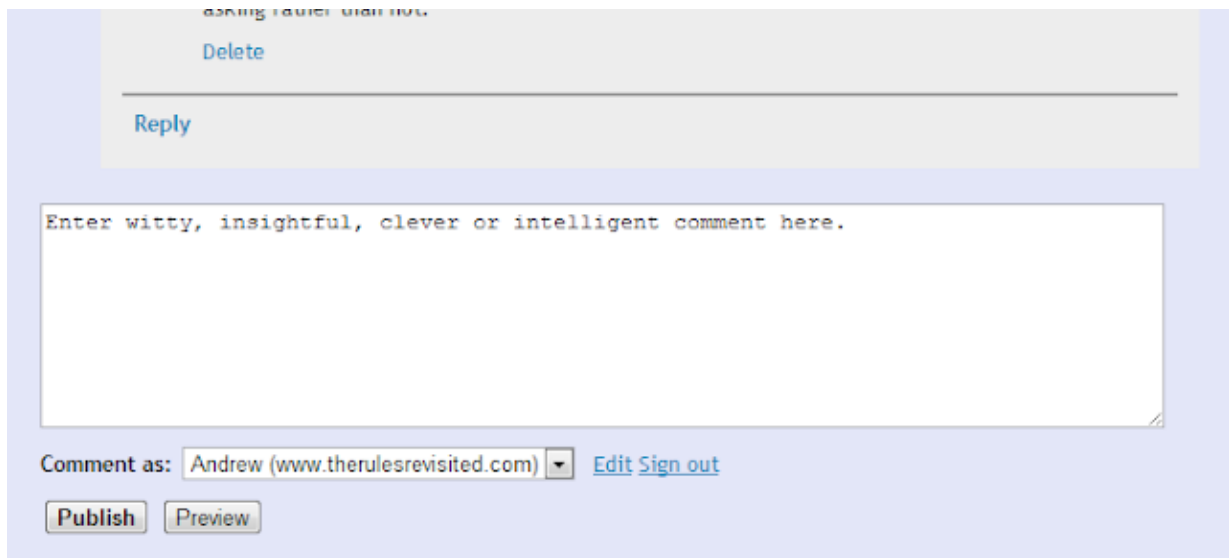


The screenshot shows a WordPress comment form. At the top, there is a 'Delete' button and a 'Reply' link. Below these is a large text area for entering a comment, with the placeholder text 'Enter your comment...'. Under the text area is a 'Comment as:' dropdown menu. The dropdown is open, showing a list of options: 'Andrew (Google)', 'Select profile...', 'Andrew (Google)', 'LiveJournal', 'WordPress', 'TypePad', 'AIM', 'OpenID', 'Name/URL' (which is highlighted in blue), and 'Anonymous'. To the right of the dropdown is a 'Sign out' link. Below the dropdown is a 'Publish' button. To the right of the 'Publish' button is a 'Subscribe by email' link. At the bottom of the form, there is a 'Subscribe to: Post Comments (Atom)' link. In the background, there are links for 'Home' and 'Older Post'.

Step 3. A pop-up window will prompt you for your name and URL. Enter them and click continue. (The URL is optional but if you enter one, clicking on your name after you publish the comment will take the reader to that website or blog.)



Step 4. Type in your comment.



Step 5. Click publish.



Andrew January 31, 2013 at 1:56 PM

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The Importance of Taking Fashion Risks

February 5, 2013 | by Andrew | [Link](#) | [Original Link](#)



In response to our instinct for self-preservation, we, as humans, cling to what is safe. Even when we recognize the benefits that can be afforded by a departure from our normal course of action, we find ourselves bound to what is familiar. In restaurants we only order foods we grew up eating so that we don't have an unpleasant meal or have indigestion - even though we might be missing out on the most incredible, exotic foods. We practice the accepted politics in our state because it feels good to agree with everyone, even if our mind and experiences tell us that the truth is otherwise. We stay on the marked trails when we hike up a mountain so that we don't tread on loose rocks and sprain our ankles, even though there is a stunning view to be found just behind the rock outcropping in the distance.

To a certain extent, this inclination is a good thing. By following established paths in life we avoid making serious mistakes, and circumvent discomfort or personal harm. However, the instinct is

an excessive one; it affects us more than we actually need in order to stay safe. The instinct for self-preservation essentially tells us to avoid doing anything dramatic, because it recognizes that dramatic action can lead to personal endangerment - whether it be physical, financial, social, moral, intellectual or otherwise. But dramatic action is also necessary for greatness, it is a prerequisite for unique success. Unless we stray from the normal path, we wallow in mediocrity.

So the instinct for avoiding dramatic action, although it is self-preserving, also happens to be self-limiting. Although I might have job security at my family business running the local shoe store, I won't be able to pursue the chance of becoming a world-renowned architect unless I break away from what is safe. A woman might know for a fact that her current, mediocre boyfriend will marry her and provide for her if she stays with him, but only by taking a risk and breaking up with him does she enable herself to meet someone she feels a real connection with. Even though a man might face embarrassment and rejection by approaching a beautiful woman, he won't ever meet someone so attractive if he doesn't risk being turned down.

We've all read or heard the famous quotes about the importance of risk-taking, and we all understand that it is important factor in personal success. But we normally limit our consideration of this phenomenon to ostensibly "big" things, like moving to a new country, taking on a huge and uncertain project, or speaking in front of hundreds of people. It isn't the kind of thing you usually think of in relation to something as simple as fashion or style, but it applies just as much - if not more so, in the sense that your personal style is something that you have to make decisions about on a daily basis, and constantly communicates all kinds of things about yourself to others.

Over the holidays, my little brother asked me if he could borrow a pair of pants to wear out, since his were all in the laundry. I suggested he could wear a pair of gray chinos I'd just bought, since they worked well with the shirt he wanted to wear.

He balked.



"Gray chinos?" he asked. "That's weird, I've never worn something like that before..."

I knew exactly what was going through his head. I'd been there a hundred times before, especially five or six years ago when I first decided to learn how to dress better. I knew how to convince him, but I also knew I needed to start with the facts, with the practical reasoning.

"I know you haven't," I told him, "but they'd fit you perfectly and they will go well with the other stuff you're wearing. See? The gray is warm, just like the colors in your shirt, and you can wear these shoes with them too; it'd look sharp."

It really was a perfect look for him. Granted, it was a departure from the jeans and t-shirt he normally wore at college parties. It was a little more formal and more mature looking, but I knew it would look great on him. Unsurprisingly, he was still hesitant, so I cut to the heart of the matter:

"Trust me on this one. You are going to feel weird as shit for the first couple hours, but eventually that will wear off. An hour after we get to the bar, you won't even remember that you are wearing them. Then tomorrow you'll see photos on Facebook from the night, and you'll realize that they actually looked damn good on you. Next time you won't think twice about throwing them on - in fact you'll probably look forward to it. You just need to soak in the initial awkwardness until it passes. Until then, you can't judge the way they look on you objectively. In the meantime, take my word for it. I know you respect my dress sense."

I must have been convincing because he took my advice. He looked awesome, as was evidenced by the fact that he got hit on twice that night by older women (this is a lot for a guy, by the way).

Everyone with an ounce of pride knows the feeling that went through my brother's head. The social risk of wearing something outside your comfort zone can be intimidating. You feel like everyone is

noticing your clothes or shoes or hair, but you are uncertain of what they think. You just don't feel "at home" in your own clothes. It's awkward as hell. It's the feeling that kept an old coworker of mine from buying a new pair of jeans, even though the ones he constantly wore were several years old and threadbare. It is the same feeling that kept me wearing sneakers in all casual and even semi-formal circumstances, long past an age at which it was appropriate. It is the feeling that you might experience when trying to change your look from cute to sexy, or when you consider wearing heels in everyday circumstances, or adding lace to your outfits, or dressing up for casual activities.

However it is manifested, what you are feeling in these situations is the inclination towards social self-preservation, towards the avoidance of social catastrophe. The instinct prevents you from fashion faux-pas and wardrobe-related embarrassments, but it also prevents you from learning how to dress and from looking your best. Next time you try to make an improvement to the way you look, make an effort to soak in the awkwardness of what you are attempting before ruling it out.

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The Analogy Between Sex and Commitment

February 8, 2013 | by Andrew | [Link](#) | [Original Link](#)

A recent post on [Hooking Up Smart](#) really grabbed my attention. The first item in the post [7 Reasons Why Women Reject Eager Men](#) reads:

Women understand the male role as the gatekeeper of commitment, just as we [women] are the gatekeepers of sex. In the same way that a man may question the long-term potential of a woman who grabs his junk on the first date, women are wary of men who are "emotionally promiscuous."

This idea is huge, and it has been on my mind since I read that post. I've practically been able to feel the gears in my head turning as I've considered the various implications, and recalled instance upon instance in which I've seen it demonstrated. It's been eye-opening just thinking about it. I thought I would share some of the ways I've recognized the concept at work in typical inter-sex dynamics:

- Men are always trying (and failing) to elicit sex from women; women are always trying (and failing) to elicit commitment from men.
- A man doesn't owe a woman his commitment any more than a woman owes a man her body.
- Women complain about men being "[afraid of commitment](#)" when the men refuse to date them seriously, in the same way that men complain about women being "prudes" or "bitches" because they won't go home with them.
- Ideally, in a long term relationship, a man freely gives his loyalty to his woman, and a woman [freely gives her body to her man](#).
- This blog and books like [The Rules](#) or [Why Men Love Bitches](#) - which all essentially try to help women attract and get commitment from men - are the perfect analogues to the thousands of blogs and books teaching men how to get laid.
- Men and women are both disappointed by the opposite sex equally: women get dumped (or not called back) by men just as often as men go home from the bar or club empty-handed.
- Men don't respect women who have sex too soon; women don't respect men who say "I love you" too soon.
- While neither of these are something either sex looks for in the other, a man is unsurprised if a girl has given herself to many men emotionally in the past (i.e. committed to them), just like a woman is unsurprised if a man has fucked a lot of girls (i.e. given himself to them sexually).
- Men like that a woman can easily attach to a man emotionally, just like women like that a man can easily attract women sexually.
- Men get frustrated at women who deny them sex after dating for a long time in the same way that women get frustrated with a guy who won't say "I love you" after dating for a long time.
- A man feels bad when his woman says "I love you" before he is ready to reciprocate the expression, in the same way that a woman feels bad telling a guy she isn't ready to sleep with him when he tries to have sex with her.
- Some women feel drawn towards a man when they learn that he has never been in love before, while some men have fantasies about taking a woman's virginity.

- Women love to discuss relationships and each others' involvement in them (who has commitment from whom) with the same enthusiasm men have for discussing their sexual escapades.
- Men usually escalate a relationship physically (towards sex) whereas women usually escalate a relationship emotionally (towards commitment).
- Women take pride in being able to get a guy to want and commit to her (even if she isn't that into him) in the same way that men take pride in getting a girl to let him have sex with her (even if he isn't that into her).

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What Men Think About Valentine's Day

February 11, 2013 | by Andrew | [Link](#) | [Original Link](#)

The average guy doesn't like Valentine's day. Aside from the obvious fact that the holiday is driven by marketing hype much more than by the honest needs of relationships, men dislike Valentine's day because it places pressure on them to express their feelings in unnatural and effeminate ways, and often to a degree they feel unprepared for.

On Valentines's day, men are expected to show their undying love for their woman by following a script prescribed by Hallmark or Flowers.com, and promoted by Hollywood: flowers, fine dining, exuberant cards, rose petals, teddy bears, etc. If a man *doesn't* follow this script, he suffers the consequence of disrupting the relationship. But if he *does* follow it, he feels like an emasculated pushover, forced by social pressures into expressing feelings that he may or may not have in ways that would never have occurred to him naturally. Either way, he loses.

Not every man understands his own distaste for the holiday. Maybe a man's aversion to Valentine's day is manifested as nothing other than a small feeling of annoyance in the back of his mind as he tries to pick the least-gay card off the shelf in CVS (from among thousands of cards designed for women, by women). But this annoyance is rooted in the fact that he feels forced into expressing himself in unmanly ways.

A man demonstrates his love for you regularly in ways that aren't as ostentatious as a large bouquet of roses, but run deeper for their lack of overt exhibition: he commits to you willingly, he suppresses his desire to be with other women, he avoids reminding you of that desire, he attends to your emotional needs without complaint, he holds you and protects you, etc.

In addition, men are skeptical of Valentine's day because they know it is (at least partially) motivated by a woman's need to demonstrate to her friends how much she is loved - sometimes more so than it is motivated by a true need for the visible symbols of that love. Again, while most men might not recognize this consciously, it is implicit in their thought that the Valentine's day traditions seem overdone and excessive - because they are excessive if all that drives them is the woman's need for visible expressions of love.

I am not saying that no man likes to express his love through a card or flowers, or that men don't enjoy romantic dates. Some probably do. And I am not saying that there is no need for visible signs of affection in relationships, because there is. They have a time and a place (especially if the man and woman both express their love through gifts). What I *am* saying is that when a man doesn't get to choose that time and place, and when his hand is forced by the social pressures of a vacuous holiday, his masculine decisiveness and authority are called into question, and he resents it.

So this year I suggest you do three things to help your man through the awkwardness of Valentine's Day:

1. **De-emphasize Valentine's Day by dismissing it** openly to him as a marketing ploy. Say

something like "Valentine's Day is such a farce; if there weren't decorations in the grocery store and commercials on TV, no one would even remember it after five years. It's purely driven by marketing." (Do not tell him not to get you anything, as this might give him the idea that you don't like receiving gifts.)

2. **Get him something small.** The biggest pressure on Valentine's Day comes from the "culture" within the relationship to make a big deal out of it. By only getting him something small (like a card or dressing up in lingerie), you take a lot of the pressure off him the next year.
3. **Curb whatever desire you have to show off** on Valentine's Day. Aside from fact that your single female coworkers will probably murder you when you receive roses and a huge teddy bear at the office, recognize that a truly confident woman who is secure in her relationship doesn't need the external affirmation of her peers' jealousy.
4. **Recognize the existing expressions of his love for you**, as described above. This will help you to realize that you don't *need* chocolates on some arbitrary day in February. (If there aren't any common expressions of love in your relationship, you probably shouldn't be together.)

Before you complain that taking the pressure off a man on Valentine's Day makes it "too easy for him," consider this: by stepping back and letting a man do that to which he is naturally inclined, you adopt the same attitude that you do when you don't initiate contact with a man, or when you cut off a guy that breaks up with you: you are stepping back and accepting what happens, even if it isn't what you expected and hoped for. Just like you gain nothing by artificially perpetuating a relationship by constantly contacting a guy who doesn't like you very enough, so too do you discern a man's true feelings for you by taking off the pressure and letting his actions on Valentine's Day (or at other times) reflect his true feelings for you. Don't deceive yourself by reveling in a forced sign of his affection.

If your man refuses to celebrate Valentine's Day, but you don't agree with him that it is ridiculous, your best bet is to employ the tactics of the author's wife in this post:

<http://masculine-style.com/you-know-shes-a-keeper-when/>

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The Advantage of Dating After 30

February 15, 2013 | by Andrew | [Link](#) | [Original Link](#)

Two women step out of their front doors on a Friday night in New York City. It is the middle of winter and a light snow is just starting to fall. Both women are dressed up and heading out to meet with their respective friends for some drinks. One woman is 23 years old and the other is 32. Both are single and want little more than to ultimately find true love.

The 23-year-old has had one serious boyfriend in her life. She slept with him during all of the 3 years they dated, until he broke up with her soon after they graduated from college. She recently had an exciting night of sex with a guy she met in a bar who was incredibly attractive. He had seemed interested in her - he was even affectionate in bed; but now he isn't calling. In the back of her mind she knows there will be attractive men out tonight, and she is hoping to eventually meet someone she can date seriously. However, she hasn't thought too much beyond the evening and maybe the start of a relationship. Right now, the excitement and nervousness of going to a high-end nightclub for the first time occupies her mind, as she grew up and went to college in the rural South where all they had were a few dive bars.

The 32-year-old has had five "official" boyfriends in her life. She's slept with eight men - four were her boyfriends and two were guys she was "just dating." They seemed interested but faded away after sex. The other two were drunken one-night stands during college, before she knew better - or more accurately, when she learned better. She is growing more and more self-conscious and concerned about the fact that she is still single in her thirties. While she knows she was probably too immature to get married previously, she also knows that her friends and extended family have started raising eyebrows. However, in the past two years she's really started to see trends and mistakes in her dating history, and she encountered a few ideas in books and online, and these have really changed her outlook. She knows now what she did wrong before. While she knows Manhattan is a horrible place for a single girl to live, she hasn't lost hope yet.

As the 23-year-old gets out of her cab in front of the nightclub where she'll meet her friends, the sharp cold bites at her face. It excites her because she only recently moved north, and this is the first time she's gone out to party in the snow. Stepping out onto the busy Manhattan sidewalk wearing high heels and her new coat, she feels like she is on the set of Sex and The City, or one of her favorite romantic comedies. If she is honest with herself, she sort of expects to meet a guy in New York, though she definitely isn't ready to get married. She has a career and other aspirations to meet before she is ready to settle down.

As the 32-year-old gets out of the cab in front of the lounge where she'll meet her friends, the sharp cold bites at her face. It reminds her of the time three years ago when she first met her ex boyfriend. It was snowing then, too. She'd seen him looking at her earlier across the bar she was at with her friends, but he didn't approach. Then, by fate (she knows now it was just coincidence), they had both walked out of a bar at the same time (closing time). She'd been a little tipsy and given in when her girlfriends pressured her to go ask him for his number. It had felt a bit strange to do it, but in the end they dated for eight months, so for a while she thought it was the right move - at least until

he dumped her for a girl who he said was more "his type."

The 23-year-old meets her girlfriends, who are waiting in a big crowd at the velvet rope outside the nightclub. The single question that consumes her mind is whether or not she is hot enough to be let inside. She starts to feel nervous. She knows she is hot, but the other girls waiting to get in look like supermodels. But as the bouncer lifts the rope and chooses her and her friends before all the others, her excitement and ego both skyrocket. "I love nightclubs already" she thinks to herself, as she looks over her shoulder and sees the other girls outside in the cold, watching with jealousy as she walks through the door. She feels sorry for the few girls who were clearly older than the others - probably over 30; they definitely aren't getting in.

The 32-year-old meets her two girlfriends at an upscale lounge that they've come to like, mostly because it is never too loud and has a good layout, conducive to meeting new people. It doesn't hurt that the men who go there are generally older professionals, men who have their shit together and don't drink until they fall down. They pick a good spot at the bar and order a drink. They've arrived early so the crowd is still a bit sparse, but this gives them time to actually hang out and talk before anyone else arrives and they get involved in other conversations. As the 32-year-old orders her drink, she chats with the bartender for a bit, because she knows that even a brief conversation with a stranger (male or female) will get her into a more social mood, which might help later if any men want to talk to her. She learned that trick when she first moved to the city and sometimes went out alone. In fact, she'd met one of the girls she was with tonight that way.

The 23-year-old is amazed by the decor and energy inside the club - she's never seen anything like it. She feels like a celebrity, surrounded by the dancers, the music, the lights, the men - the men! Through the heavy club atmosphere she sees them and wonders who these guys are... standing on couches, dancing with beautiful women and drinking expensive champagne by the bottle. Some of them look like they might be famous but she isn't sure. Almost all of the men are drunk already. A guy standing next to her, who looks a bit out-of-place in his simplicity (though he is fairly attractive), raises his voice to ask her what she thinks about the DJ tonight, adding that he would prefer more popular music, but overall he was quite good. "He is good" she says without making eye contact, but she turns away immediately. "What a stupid question," she thinks to herself (though if she is honest, she also admits that she didn't really know what to say in response). She wonders how she can get an invite to drink at one of the tables...

The 32-year-old returns to her friends after her conversation with the bartender to find that a tall, very stylish and attractive man was asking her friends if they could introduce him to her. Her friends oblige, and he immediately isolates her from the group. This screams "predator" to her, but she knows that not all men have great game, so she doesn't bail yet. They talk for a few minutes, but the 32-year-old is further turned off by his constant smirk and the way he keeps touching her arm. She's met men like this before - in fact, one of her ex boyfriends approached her with the same cocky, sexual demeanor. They dated for about a year, but that transparent facade of pseudo-confidence remained throughout the relationship. She eventually dumped him and now considers the whole year wasted - at least from a dating perspective. When the arm-touching becomes a little too much to handle, she tells him it was nice to meet him and politely excuses herself to use the restroom.

The 23-year old and her friends are approached by a bouncer who invites them to drink with "some gentlemen at the VIP table." They gladly agree, and follow the bouncer as he ushers them through the crowd like celebrities. The "gentlemen" welcome them with free shots of a vodka, which looks like it is top-shelf (she gets a glimpse of the label; it is called Stolichayna or Stolishnaya - something like that. It looks so exotic - Russian, she thinks.) The 23-year-old takes a liking to the only guy at the table dressed in a suit; he is very good-looking and seems to be the leader, even though she guesses he is only 24 or 25. She is sure that she can have him because she knows she is hotter than her friends. By now she is getting fairly drunk and they start to dance. After several minutes his hands are holding her waist (she loves that feeling) and they kiss. He sits down with her to "take a break from dancing" and they start to make out on the couch. The music and alcohol drown out everything else and she is lost in the moment...

The 32-year-old returns from the bathroom. Her two friends are now talking to a group of three guys, one of whom is listening more than participating. She can tell from his posture that is isn't shy or socially awkward - but rather patient. This interests her. She intentionally positions herself right next to him as she re-joins the group. He introduces himself and they start to make small talk. She wouldn't have picked him out from the crowd for his looks, but his understated and confident demeanor is confirmed and grows on her as they talk. A couple times he mentions things in passing that really spike her interest. She would stop him and ask him to elaborate but she is also interested in what he is telling her at the moment. He is clearly experienced and intelligent, and she judges that he is probably at least in his mid-thirties. Although he is older, she's learned over time that this is better than the opposite. At one point it crosses her mind how glad she is to be in a venue where she can hear him clearly. Conversations like this were always impossible in the nightclubs she used to go to in her twenties. Their conversational chemistry is great, and they continue talking for almost two hours...

The 23-year-old is hammered by the time the lights come on at closing time, and she considers herself the luckiest girl in the club because of the guy she "picked up." He invites her back to his hotel room to "keep the party going." Despite her drunkenness, she hesitates. She knows she doesn't want to sleep with him - she remembers how that turned out last time. But she agrees to go anyway, reasoning to herself that she can always tell him no later. As he takes her hand and leads her out of the club and into a taxi, she catches a glimpse of the out-of-place guy who'd asked her about the DJ at the beginning of the night. He has a strangely smug look on his face as she trips into the cab with the guy in the suit. It occurs to her as they pull away in the taxi that the suited guy still hasn't asked for her name...

The 32-year-old is still talking to the quiet-but-confident guy when she realizes it is already a few minutes past midnight. Normally she leaves bars by 11 pm, but she really wasn't paying close attention to the time tonight. She tells him that she really needs to get home so that she can get up at a reasonable hour for her workout. He asks her for her name and then her phone number. She knows this drill; she'd been through it probably a hundred times before, but her gauge of personalities has gotten better and better over the years. She has a pretty good feeling about this guy, so she decides to give him her last name too. He suggests that they should meet up next week sometime for coffee. They say goodnight and go their separate ways. As she walks out the door, she catches a glimpse of the cocky, stylish guy that had approached her earlier. He had obviously been watching in confused

surprise as she gave the less-attractive guy her number. "Filtered him out." she thought as she smiled to herself and slipped out the front door and into a passing cab. "Wouldn't have done *that* ten years ago..."

Related Posts

1. [The Female's Internal Conflict](#)
2. [Female Game for Girls in Their 20s](#)
3. [Your Age and Your Attractiveness](#)
4. [Some Older Women Are Smart](#)

Female Game for Women in Their 30s

February 17, 2013 | by Andrew | [Link](#) | [Original Link](#)

[This is the third of a three-part series that describes how to focus your dating efforts in your teens, twenties and thirties. There are links below the post to the other two parts.]

Female game consists of three parts or stages:

1. Making yourself as attractive as possible
2. Making yourself approachable
3. Filtering out the men that just want to have sex with you from the men that want to date you

While these general stages apply to all women, a woman's age, experience and eligibility should factor heavily into her approach to dating if she wants to eventually find a man to settle down with. Therefore, various aspects of these three stages - or the components of each one - are more or less important at different times in a woman's life.

As a girl in your thirties, you are past or moving out of your most eligible years, and should adapt your game accordingly. Other women will get most - if not all - of the "easy" attention from men, so you need to narrow your focus and seek attention only from the men that matter. In order to be effective, you need to be honest with yourself and filter out the men who will waste your time - even when you are tempted by your emotions, pride or biology to do otherwise. Your efforts should remain focused on all three stages of female game, which you should achieve in the following ways:

- **Recognize that something is wrong.** If you are in your 30s and want to be married but aren't, something has gone wrong. Somewhere along the line you made a mistake. Not your parents, not "society," not your ex-boyfriends: you. Maybe you've let yourself become too assertive, maybe you aren't in shape, maybe you wasted time, or maybe you believed the popular misconception that your career matters most. Whatever the case, you need to recognize that it is time for change. Acknowledging this is the first step towards fixing the problem - whatever it is.
- **Revisit your foundations.** There are a number of things a girl should do in her teens and twenties to be successful in the dating world. The majority of these still apply to you. Read the posts explaining them (the links are below this post). Understand them. Implement them.
- **Recognize your disadvantage.** Men are going to be more attracted initially to younger and hotter girls, and you will get less attention because of it. For better or worse, this is the way it is. You can tell yourself repeatedly that you look "young for your age," you can pretend that celebrities A and B disprove the rule, or you can just adamantly refuse to believe it. In this case, I also invite you to resign yourself to a bitter, single future. The alternative is to recognize the somewhat harsh truth, acknowledge that it has implications for how you need to conduct yourself going forward, and get to work making a bright future for yourself.
- **Recognize your advantage.** Most women do the majority of their dating in their late teens and through their twenties. Although these younger women have an advantage over older women in terms of appearance, few have the knowledge or experience necessary to date successfully -

especially when they try to date sex-crazed and scruples-free men their own age, who have no intention of settling down. Most single women in their 30s have already suffered through these learning experiences, and can navigate the dating world far more efficiently because of it. As a woman in your 30s, you can go on more *worth-while* dates in a year or two than most 20-somethings go on in a decade.

- **Make dating a priority.** Success is often a function of priorities rather than abilities. The people we often admire for being great at X or Y are often just the people who really enjoy doing X or obsessively want Y, and have therefore made X or Y priorities in their lives. Your failure to be married by 30 is very likely due to the fact that you focused your efforts on other things in your twenties: a career, travel, partying, etc. Change that. Quit your job, move to the city, get rid of your partying friends, or do whatever else you can to make dating a priority. As the expression goes, "desperate times call for desperate measures." Although "desperate" is probably an overly severe descriptor for your situation, you understand the point: you need to take more dramatic steps towards meeting the right man.
- **Avoid men in their 20s.** Most men in their 20s - particularly their mid-20s - don't want to settle down yet, and certainly not with a woman who is in her 30s. Yes, there are some exceptions, but you are not one of them. Men in their 20s will want to have sex with you, and will play on your need for affirmation (as in, "Look, I can still attract a 25-year-old stud!") in order to do so. Avoid them categorically.
- **Avoid men over 40** who cannot explain their singled status with a specific and believable reason. Men who haven't settled down by their late 30s are probably *not* going to settle down. In fact, the threshold might be even lower than 40; but if a man hasn't settled down by then he is probably incapable of engaging in or maintaining a long-term relationship.
- **Avoid divorced men.** If he did it once he'll do it again, and if it was "all her fault" he is lying; relationship problems always go both ways to some extent. Anyway, divorce only happens when it is entertained as a viable solution for problems or dissatisfaction in a relationship - both of which are inevitable. A man who is divorced almost definitely interprets "'til death do us part" with the addendum "...unless something really bad happens." The only exception to this rule is when the divorced man takes partial responsibility for the divorce: "True, she did X, Y and Z wrong, but I realize in retrospect that I pushed her away because of A, B and C."
- **Avoid married men.** It amazes me how many e-mails I get from women asking how to handle a man who is unwilling to break up with his wife to start a relationship with her. Trying to break up a marriage is not only dubious from a morally standpoint, it is also a terrible idea for the women attempting it. She is fighting an uphill battle, trying to get commitment from a man who (a) already has committed to another women, even if he no longer loves her, (b) has all kinds of difficulties that complicate leaving her (children, house, etc.) and most importantly, (c) can easily hide his lack of true interest in you behind his inability to leave her, e.g. the lie "Baby, I would commit if I could leave my wife but you know I can't right now." The truth? He just wants sex on the side and he knows he'll never have to prove his claim.
- **Don't be afraid of the nightlife scene.** Some bars and most lounges are still decent places to meet men for you. I routinely go out and see plenty men and women in their 30s. In some places they are the majority. True, there are a lot of men there who are just looking for sex, but there are also more men willing to talk to you there than in daytime venues, and you have the savvy to avoid the ones who are only interested in sleeping with you. By being selective about where you go, and leaving before men's drunkenness is in full effect, you dramatically increase

your chances of meeting decent men in nightlife venues. I am not saying you should neglect other social opportunities in order to hit the bars, but if there isn't anything else going on in the evening, don't use "I am too old" as an excuse.

- **Continue to improve your appearance.** The vast majority of women in their 30s will be able to look better a year from now than they do today, simply by working to improve their appearance. You might think that you've already "perfected" your look, when the reality is that you've just come to terms with it. Do you dress and do your make up like the 30-something models you see in clothing magazines? Are you in perfect shape? Do you understand your complexion perfectly? Etc.
- **Filter, filter, filter.** Leverage your life experience or dating experience to recognize immediately the men who just want sex, or are uncertain of their future with you. They are wasting your limited time. Treat them like the leeches they are: cut them off, and make time in your life for the men who are interested in you as a person.
- **Do not get fat.** This is critical. Your figure is crucial to your attractiveness, and you have too many other things working against you to give up control of it. If you are single, over 30 *and* getting fat, you are pretty much screwed. At best you will have to settle for a sloppy man who doesn't respect himself, doesn't attract you, and doesn't find you attractive. This might be an unfortunate truth, but it is a truth nonetheless. Do not get fat.
- **Do not "hang in there."** While it was reasonable for your college boyfriend to delay proposing until he graduated or got a steady job, there *is* no such excuse at your age. A relationship should escalate continually (even if it escalates slowly) until he proposes. There should be no "plateau" or "lag" in intimacy until well after marriage. An excuse about wanting to wait at your age is merely a guise for his indecision. Once he starts to doubt his future with you, I promise that it is the beginning of the end. Make it the end of the end by beating him to the punch and breaking up with him. If he was mistaken, he will ask for you back.
- **Stay in shape.** I realize I am repeating myself. I am doing so because it is important. As a woman ages, her fitness becomes increasingly important, because it increasingly sets her apart from other women. By staying (or getting) in shape while most other women are starting to fall off the fitness cliff, you will crush the competition. Unless you are already a nutrition, diet and exercise freak, staying in shape will almost certainly require that you become one. But the satisfaction you were used to getting from food will soon be replaced by satisfaction from your relationships with men.

As you can tell from the number of bullet points above that start with "Avoid" and "Recognize," the overarching themes for dating in your 30s (with the intent of marriage) are filtering and acceptance. In other words, screening out the men who aren't interested in a serious relationship, and accepting the fact that you are in a tough situation that necessitates stepping up your game.

Related Posts

1. The Advantage of Dating After 30
2. Female Game for Girls in Their 20s
3. Female Game for Girls in Their Teens
4. How to Adapt Your Game According to Your Results

Why You Can't Get the Men You Want

February 23, 2013 | by Andrew | [Link](#) | [Original Link](#)

Most women who complain that they "don't get any attention from men" actually mean that they don't get attention from the men they *want*. And the simple advice for women in this situation (which I have seen [on other blogs](#), and have occasionally given out myself) is sometimes appropriate: "you aren't hot enough to get the guys you want; lower your standards." However, in most cases, I think there is deeper phenomenon at work.

Women tend to be aware of and rate their looks fairly accurately. I know this because a lot of readers send me pictures saying "I think I am an X out of 10, can you tell me what I really am?" Although I always refuse to give them my numerical opinion (because [all men think differently](#)), their guesses are usually very close to what I would have ranked them.

So why would they set the bar so much higher than what they know they can get? Some might point out that their "delusion" is caused by their experiences [getting men who are out of their league for sex and casual dating](#). And though I agree that this happens, it doesn't capture the whole picture. Women just aren't that easily deceived about their own physical attractiveness. It shouldn't be surprising, then, that the problem is primarily an internal one.

Each of us has an inherent knowledge of our own capabilities and dispositions. We know the inner workings of our own mind: how honest we are, how prone we are to mood swings, our insecurities and strengths, what we've experienced, what we still need to learn, the strength of our ambitions, etc. This translates into an excellent knowledge of our personal *capabilities*, our personal *potential*. We all know roughly what we could achieve, whether or not we have achieved it. Occasionally we modify this self-perception when we realize the extent of strengths we didn't know we had, or weaknesses that have greater implications than we'd imagined. But in general, we know ourselves well; we know what we are capable of becoming. This is true in all aspects of our lives: business, working out, academic learning - everywhere. It also applies to dating. Because we know ourselves, we also know roughly what we should be able to get when it comes to the opposite sex.

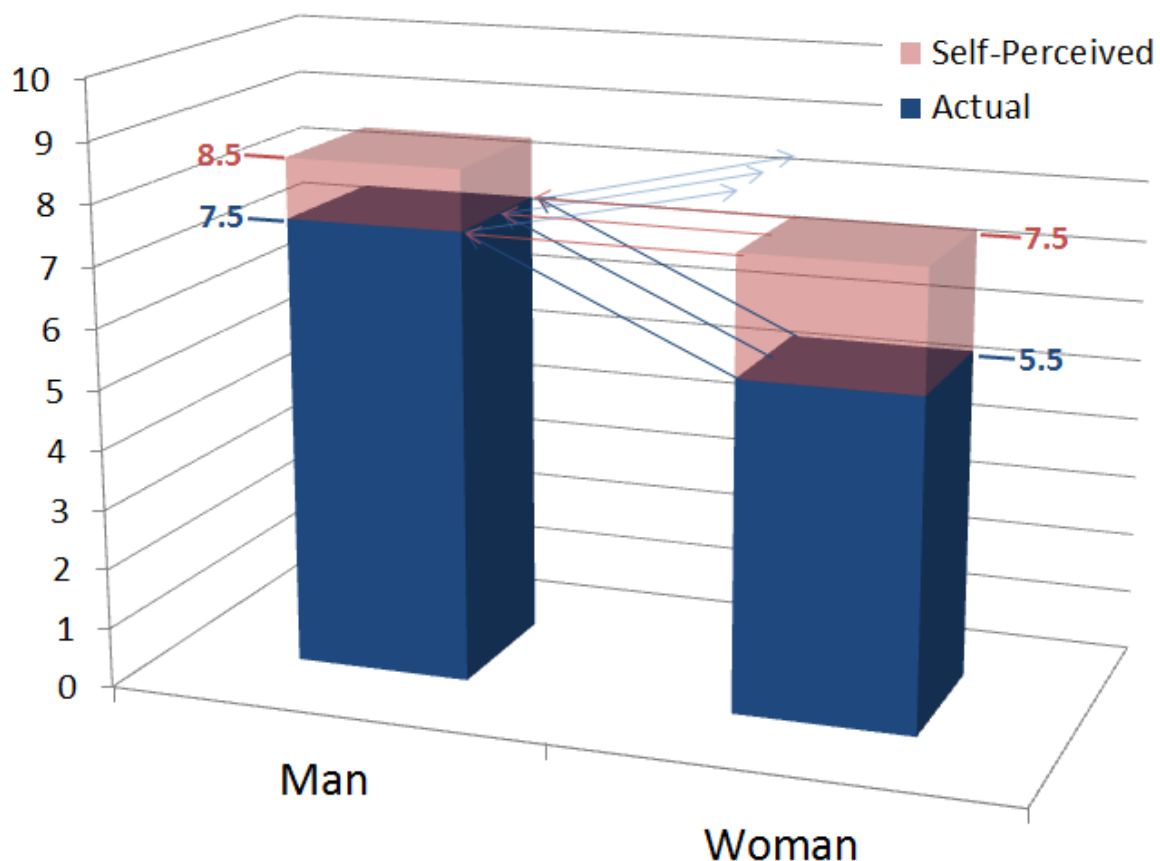
A statement that often accompanies women's complaints about not getting the men they want is something to the effect of "I *know* I am a catch. I have so much love to give a man. Why can't men see that??" This is a symptom of the above-described phenomenon: you know that you have the right "raw material" to attract the kind of man you want (in fact, "the kind of man you want" is partially defined by your self-knowledge), but you are confused about why it hasn't happened for you yet.

The reason for this is simple: your self-perception of your potential is roughly accurate, but you aren't living up to that potential. You aren't the person you know you *can* be. You have the capability, but you haven't used it. You have the potential, but you haven't fulfilled it. You know you can be a fun and exciting person to be around when you feel comfortable, but you haven't [confronted your insecurity in social situations](#), so men don't realize this. You know you have a great figure, but you haven't learned yet to show it off by [correcting your posture](#), so no one notices it. You know you have great hair, but you don't put the effort in to [style it well](#), so it does you little good. You know you are

pretty, but you haven't confronted your fear of looking a little awkward, and this has dramatically slowed your efforts at learning how to dress yourself well. You are well aware of your inner feminine self and your instincts to nurture and love, but you suppress them (as you've been implicitly told to do by your parents or the culture around you) and men assume you are cold and boring. You know that you are an incredibly sexual person, but because of your strict conservative upbringing, you cloak it in "modesty" and men are turned off.

The reason women can't get what they think they deserve is that we (men and women alike) always peg our standards to what we know we can be, not to what we are, while members of the opposite sex judge us - understandably - only on what we are currently. They have no access to the inner workings of our mind; and even if they did, they would have no guarantee that we'd ever reach the potential this would reveal to them. So your discontent in dating boils down to the fact that you aren't living up to your own standards - yet. Incidentally, this also explains why most people have such an aversion to settling: our subconscious knowledge of what we "should" be able to get is achievable (if not currently accurate), so it seems defeatist to accept something less.

I've illustrated an example of this in the diagram below. A woman who is a 5.5 out of 10 has the potential to be a 7.5, so she "knows" that she can get men of that caliber (**red arrows**). She is constantly setting her sights on men who are in the 7-8 range (**dark blue arrows**), and she is constantly being rejected by them. She doesn't understand why, since she thinks these men are in her league, when the truth is that she *could get* into their league. Her situation isn't helped by the fact that a lot of the men she wants haven't met their full potential yet either, meaning that they - also wrongly - have their sights set on women of an even higher caliber (**light blue arrows**).



Rank out of Ten (Combined Looks and Appearance)

So the bad news is that you probably *can't* get the men that you think you can get. But the good news is that you probably can *eventually* get the men that you think you can get - assuming you are willing to work at it, and do. The biggest takeaway, though, is that if you aren't getting the men you want (but you think that they are in your league), your first move shouldn't be to lower your standards, it should be to self-improve.

Related Posts

1. [Self-Improvement Takes Time](#)
2. [Women Get To Play Out Of Their League](#)
3. [Why You Don't Get Approached By Men](#)
4. [Why You Don't Have a Boyfriend](#)

The Importance of Silence After a Break Up

February 26, 2013 | by Andrew | [Link](#) | [Original Link](#)

If you've been reading this blog for any time now, you are familiar with the idea of cutting off a man after he breaks up with you. I want to explain a little more systematically the reasons why this is important. Keep in mind that by "break up" I mean any situation in which a man makes it clear that he is no longer interested in pursuing a sexual or romantic relationship with you: not calling after he gets your number, fading out after sex or a few dates, or explicitly ending a long term relationship. In any of these situations, cutting him off completely will accomplish five things:

1. **It will show him that you are a woman of high value.** It will demonstrate that you are a woman who isn't desperate or needy - a woman who can live without him (because you can). Men find this attractive in a woman. Although this demonstration is unlikely to increase his attraction for you enough to make him change his decision, you will avoid confirming him in his decision by showing him that you are needy, pathetic and desperate - all of which are obvious symptoms of being below his league.
2. **It will show him what he is missing by way of contrast.** By forcing him to experience life with you, and then suddenly without you (in other words, before and after the break up), you will emphasize whatever feelings he has as a result of his decision. First he has you, then he doesn't. The starker that contrast is, the more he will feel your absence, and the more likely it is that he will miss you and want you back. Again, it is unlikely that this effect will be enough to make him change his mind, but in some instances it will be. (Note: it is also possible that cutting him off will show him how much he *doesn't* miss you, but if this is this case then there is nothing you can gain by contacting him anyway - it is unquestionably over.)
3. **It will force him to think about his options seriously.** As long you stay in touch with him, he will know that he can have you back at any moment, and he will feel no urgency to reverse his decision. By staying in touch with him, you effectively give him a "safety net." Even if he doubts his decision, he will have nothing forcing him to act one way or the other. He will simply go about his life, waiting until his "feelings about you become clear" (which they never will).
4. **It will empower you.** Although you have no control over his decision to break up with you or stop dating you, you *can* control what happens as a result of that decision. In fact, you are the sole person capable of "enforcing" the consequences of his decision. By hanging on and hoping to get him back, you give him all of the power. But if you force him to live with the consequences of his decision (i.e. making him live without you when he says "it's over"), you exercise *your* agency, *your* power. You seize what little control you can in the interaction. Although this probably won't change the outcome of the situation, it will go a long way towards bolstering your ego and self-esteem in the face of his rejection. You will transform yourself from someone who is pathetic and dejected in light of inevitable circumstances, into a person who exercises influence on the outcome of her situation - and her ex's situation. The added benefit (as explained in the other points of this post) is that by doing so you don't even sacrifice any of the likelihood that he will take you back - in fact, if anything, you increase it.
5. **It will make him doubt his future options.** This is probably the most important mechanism at

work in your attempt to get him back, and it will be powerful in proportion to the length of the relationship with you that he is ending. If you stay in touch with him in an attempt to salvage things, you will confirm his belief that he can find someone better (which is his implicit motive for dumping you). The longer you stay in touch with him after the break up, the more he will think "Hmm... if *she* wants me so badly, girls who are hotter and sweeter will probably like me enough to date me too. Why would I take her back when I know I could do better?" While he might not be so calculating as to have this thought explicitly, I absolutely guarantee you that this thought passes through his subconscious and has a profound influence on his thinking about the break up. And it will occur to him even if you aren't making an active effort to get him back, but "just" texting or calling each other from time to time. He knows you wouldn't stay in touch unless you were interested in getting back together - he knows being "just friends" isn't workable. But, if you cut him off, he won't know whether or not he just threw away the best girl he could get, and that doubt is priceless in making him consider coming back to you.

If you liked this post, you'll definitely like my book, Beyond the Breakup, in which I add a 6th point that I overlooked when writing this post originally. I also explain a lot more about the practical side of cutting a guy off - what to say, when is "too late," and what to do if he gets back in touch.

Related Posts

1. [Cut Him Off](#)
2. [Why Rejection Is a Good Thing](#)
3. [Get Used to Rejection](#)
4. [When Your Ex Contacts You...](#)

Less Masculine = More Feminine

March 4, 2013 | by Andrew | [Link](#) | [Original Link](#)

I pulled the following statement from the comments of the post The Analogy Between Confidence and Beauty:

So I had a revelation about a few weeks ago...and it pertains almost exactly to this post. I'm a confident 7, well-spoken girl but have always wondered why I'm having such issues with attracting the right type of guys when I have such a well-rounded personality. So I started to experiment with how I acted around guys. I became more feminine, I would act more sweet, talk less, be less witty or sarcastic and it was crazy how many more guys came flocking to me. It was kind of disheartening though that I had to become this demure thing to attract more guys. I felt like I was compromising myself, and at times not even being myself because I had to bite my tongue so much and watch what I said. I don't want to be a bobblehead airhead girl, but it seems as though that's what guys want. How do I attract the men I want without compromising myself?

I want to share my response, because I have had similar questions from other readers, and it is an important point for any woman trying to understand her feminine self in the modern world:

You only think of behaving in a more feminine manner as "compromising yourself" because you've been conditioned to think of your personal value in purely masculine terms. But why is it "compromising" to be MORE feminine? You are too fixated on the fact that you are being LESS masculine. Yes, you are LESS ambitious, LESS witty, LESS assertive; but why think of these changes in negative terms? What about the fact that you've become MORE receptive, or MORE radiant, sweetER, or MORE beautiful?

Men and women are two halves of a whole: one typically active (male) and one typically passive (female). But neither one is more important or better than the other, any more than an electrical plug and socket - which are typically referred to as "male" and "female" - are more or less important when it comes to conveying electricity.

It is only because "success" in our society is defined in masculine terms that you feel like you have reduced or compromised yourself as a person by this change. So instead of considering what you've subtracted or "repressed" by being LESS male, focus on what you've added or improved by being MORE female.

There is one more important point here: even though the "bobblehead airhead girl" gets good responses from men, this doesn't mean that she therefore represents the ideal of femininity that men seek. Men prefer her because there are elements of the "bobblehead" that they like: her carefree spirit, her flirtiness, her willingness to be led, her cheerfulness, etc. Her characteristic stupidity and lack of substance are things that men merely tolerate in order to experience the feminine qualities that they desire so deeply - that is, the qualities that men do not typically have in themselves and cannot get from masculine women.

If this seems unfair or counter-intuitive, consider that women behave similarly in their selection of men: they often tolerate insensitivity, excessive pride or stubbornness (i.e. they date "assholes") only because these qualities are unfortunately common in most of the men who have the masculine qualities that they want: strength, aggression, unshakable confidence, ambition, etc. - in other words, the qualities that women do not typically have in themselves and cannot get from feminine men.

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Men Don't Fall in Love the Same Way Women Do

March 10, 2013 | by Andrew | [Link](#) | [Original Link](#)

A reader recently asked me if I've learned anything new about women from writing this blog. I have. To be specific, I've learned one thing - one important thing. I want to explain that one thing here, because the corresponding lesson for women is equally important.

So many of the women that write to me for advice have stories that go something like this...

I met my boyfriend through mutual friends. I wasn't very attracted to him at first. He wasn't the best looking guy in the world and he was a little quiet. I never really considered him a potential boyfriend, but then he asked me out. I agreed because I wanted to give it a chance, and I hadn't been on a date in a while.

The first date went OK, so we kept seeing each other. Before long I started getting attached and soon I found myself falling for him. We spent a lot of time together, and by three months I was in love. Now we are five months into the relationship and things have stagnated a little. He seems to be losing interest. Our phone calls are getting shorter, we see each other less frequently, and he's been answering my texts sporadically. In general the excitement he showed at the outset seems to have faded. I don't know what to do... I am completely in love with him and don't know if I can handle a break up. Is there any way I can re-spark his interest? What can I do??

Obviously this is just a paraphrase; the details of each story vary. But the common thread among them, and the thing that I found so interesting, was that the woman's love grew gradually, over months, often starting as complete indifference. It amazed me that a woman could end up being so in love with a man that, initially, she wouldn't have seriously considered dating.

In fact, I was so surprised by this that I initially doubted the truth of the stories. I speculated that the women writing to me were subject to some kind of wishful thinking or tunnel-vision, by which they focused only on the good in their boyfriend rather than the advantages of other men. But this really couldn't explain the phenomenon. A woman couldn't wishfully think herself into a degree of love so strong that she would feel compelled to write me for help. I eventually realized that these women were being genuine, and I was forced to admit that there was a uniquely feminine mechanism at work.

By now most of you have probably recognized the important point for women, which is implicit in my astonishment: **men do not fall in love gradually**, and they do not find themselves suddenly falling for women in whom they weren't initially interested. I was surprised because I had wrongly assumed that women work the same way as men in this respect. But this is not the case.

Now, let me qualify a couple things before going any further. By "love" I mean deep romantic attraction, as opposed to lust or long-term attachment. Lust is primary, physical and fleeting for both sexes, and long-term attachment takes years of shared experience to develop in either sex. Also, I am not saying that this is the only way women fall in love, or the most common. I recognize that women can experience something closer to "love at first sight."

The important thing to recognize is that you cannot expect (much less make) a man gradually fall in love with you in the same way that you might fall in love with a man. It doesn't work that way for us. Male romantic love is something that either starts early and continues, or else doesn't start at all.

Since recognizing this difference in the sexes, I've had time to consider why it exists, and I think I have a reasonable understanding of what is going on. The information that a man needs to trigger romantic love is information that he can perceive within a few interactions with a woman. I believe this is true for a couple reasons:

1. **A great deal of his attraction to a woman is physical**, and her approximate physical beauty can be demonstrated by seeing her in a handful of outfits (or, to some degree, through photos).
2. **A great deal of his attraction to a woman is rooted in her personality and energy**, which can be demonstrated by experiencing her in a handful of moods. This takes longer than the physical attraction, but is still possible within a fairly limited number of encounters.

Other data, such as a woman's religious or political beliefs, her social class, her family, etc. are either immediately available to a man via conversation, or else far less significant in garnering his attraction. So, in general, a man can evaluate a woman quite quickly.

Now, for women, the situation is different. Many of a woman's triggers for romantic love are less immediate:

- **His personal strength and emotional stability**, which can only be demonstrated by seeing him react to challenging situations, and these are unlikely to arise on a daily basis.
- **His intelligence and confidence**, which - although more readily assessed - can also take time to evaluate, as they are best demonstrated via situations in which his wit or knowledge is pitted against others', or by seeing how he responds to other men in a variety of real-life social situations.
- **His commitment**, which is only demonstrated in proportion to its duration. The longer he is with you, the longer he is likely to stay with you.

In other words, while a man judges his woman primarily in relation to himself, which he does quite quickly, a woman evaluates her man on how he relates to the outside world, and this takes longer. In addition, and perhaps more importantly, a woman needs to gauge her man's reliability, and this demands time.

From an evolutionary biology standpoint, this makes good sense: the man who propagates his genes successfully does not need months to judge the reproductive potential of his mate, or her ability to nurture and raise children; he can see these things from physical cues, as well as her energy, moods, and her instinct to take care of him. But the woman who propagates her genes is one who accurately judges whether the man with whom she mates is not only strong, but also stable - that is, capable of protecting and providing for her children until they are grown.

The implications of this are enormous for both sexes in dating, but let me underline the biggest lesson for women: **if a man isn't falling for you from an early stage - say, the first month - it isn't going to happen**. Don't wait around for his feelings to "grow" the way yours sometimes do. They will not.

While this doesn't necessarily mean that he should be ruled out as a potential boyfriend or husband, it does mean that he will never be the woozy, infatuated lover you've seen in the movies. And if this is something you can't live without, you'd do better to break up with him now than to become more emotionally or sexually invested before breaking up with him later.

If you liked this post, you'll definitely like my book, Beyond the Breakup, which explains everything you need to know about dealing with you ex: what he's thinking, what is motivating him to stay friends with you, how to maximize your chances of getting him back - and if that doesn't happen, how to focus on your future.

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Yeah, That's About Right

March 14, 2013 | by Andrew | [Link](#) | [Original Link](#)



Hi Andrew,

I would like to start this email with a sincere compliment about how much I have enjoyed your blog over the past few months since I discovered it. You have given me so much food for thought, whether I agree with you or not, and challenge my opinions and perceptions of the male-female dynamic. I am thankful that you take the time to write this blog. :)

I have a suggestion for one of your blog posts. I very frequently find that women are quite obtuse when it comes to knowing when a man is hitting on her. When I was younger, my father once said, "Nicole, if a man you don't know is talking to you for any reason, he is hitting on you."

When I share this piece of information with my females friends, they scoff. "NO! That's not true! What if he needed directions? Or help picking out a ripe cantaloupe at the market? Or the best bus to take to get downtown the fastest?" The list goes on and on. On the flip side, when I share my dad's advice with another guy and ask his opinion of it, their response is almost always, "Yeah, that's about right."

The reason I bring this up is because I think there are many women out there that may not be able to recognize when a man is hitting on them or trying to pick them up. Perhaps if women were more attuned to when they were being hit on, their success of flirting and engaging with men would be greater. If you agree, I have a feeling that a post about this would be very helpful to your female readers.

Thanks so much and keep up the good work!

Much love,

Nicole

Nicole,

Yeah, that's about right.

Andrew

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1. [Misconceptions](#)
2. ["The Wong Kind of Attention"](#)
3. [Why Women Don't Know What Men Want](#)
4. [Why You Don't Get Approached by Men](#)

Ten Ways to Improve Your Skin

March 18, 2013 | by Andrew | [Link](#) | [Original Link](#)



The effects of UV radiation (sunlight). See item #1 for an explanation.

I am at the age where my skin is starting to showing initial signs of aging. So in the last year or so, I've done some research on skin care. The lessons I've learned apply just as much to women as they do to men, so I want to share them here. Some of these points will be obvious to some readers, but they will be news to others - as they were to me. Full, vibrant, healthy skin is the primary sign of a your youth, and your youth plays a big role in your physical attractiveness. Whether consciously or subconsciously, men notice your skin; so take care of it.

1. Wear a daily moisturizer with sunblock. Wearing sunblock daily should be something you do as regularly as brushing your teeth. Get into the habit of realizing that when you walk out into the daylight without protection, your skin is being abused and bombarded with UV radiation - even when it is cloudy (clouds don't block UVA light).

If it is difficult to recognize the severity of this effect, take a look at the picture here of William McElligott, a 66-year-old truck driver, who didn't wear sunblock. He spent 28 years on the job. While driving, half of his face was shaded from the sun by the cab of his truck, which reduced the effects of UV radiation. The effect is obvious. Imagine your face looking like his (but on both sides) every time you go outside, and you will probably find yourself motivated to start wearing daily moisturizer with sunblock.

SPF 15 should be enough for most people (use a higher SPF if you spend more time outside than average). Note that it is also worth getting a daily moisturizer that has anti-oxidants such as green tea and cucumber extracts, vitamins C and E.

(I shouldn't need to mention that tanning beds are the devil. By tanning, you are seeking out the skin abuse described above and merely trading a nice but temporary skin tone now for premature aging later in life - and possibly cancer.)

2. Use Retinol, which is a form of Vitamin A. It essentially tells your skin to act and look younger. It is the drugstore version of the FDA-approved anti-wrinkle compounds often prescribed for aging skin and wrinkle treatment (retinoids). Make sure retinol is an ingredient in the anti-ageing or tone-correcting serums you use. Neutrogena makes a great fragrance-free and oil-free option: Neutrogena Healthy Skin Anti-Wrinkle Night Cream. (Don't worry if your skin feels dry or a tad flaky for the first few weeks of use - it will wear off.) You can find more information about Retinol here.

3. Wear facial moisturizer while you sleep. This will lock in moisture, which will be used to repair your skin while you sleep. There are special types for night use, but the general rule of thumb is that you should use a thicker cream if you have drier skin, while those with oily or acne-prone skin should use a lotion or gel. Try CeraVe PM or Clinique Dramatically Different Moisturizing Gel.

4. Wash your pillowcases frequently, at least every time you do a load of laundry. Your pillow case accumulates dirt from your hair, face, hands, and even from the air (dust). This is all transferred straight to your face every time you lay your head down at night. Get two sets of pillowcases and get in the habit of putting the fresh ones on every time you take a load out of the dryer

5. Pad your face dry after you shower or, even better, let it air-dry. Don't scrub your face dry with the towel the way you dry the rest of your body, as this will irritate the newly washed skin and push bacteria into your pores.

6. Use lukewarm water to wash your face, even in the shower. When water is too hot or too cold it shocks your skin and can cause capillaries to rupture. This brings with it discoloration, which is unattractive.

7. Choose your soap/cleanser carefully. Soaps dissolve dirt, but in the process remove the oils that your skin produces to protect itself. The ingredients that hold most bar soaps together also clog your pores, and the added fragrances can be irritating. Many people are still accustomed to using bar soaps, and remain victim to the heavy marketing of their favorite soap's scent (they can't *feel* clean

without it). Don't follow their lead. Choose a fragrance-free and sulfate-free cleanser, such as [CeraVe](#) or [Cetaphil foaming face wash](#) - particularly for use on your face. These will clean without the loss of oils and irritation.

8. Exfoliate with caution. While exfoliating scrubs are praised (and heavily marketed) as giving a deep clean, your skin doesn't need a deep clean every day. When you use exfoliating scrubs, you are using abrasion to remove impurities and dead skin; but in the meantime, the abrasive particles cause damage to the healthy skin underneath. You are effectively putting thousands of tiny scratches on your face - removing the bad stuff, but also creating potential sites for infection. Pay particular attention to #5 and #4 when you are exfoliating, and moisturize immediately afterwards. Note that scrubs with polyurethane beads, (round, plastic, smooth ones) will not tear skin and are fine for use as an exfoliant. There are also [chemical exfoliants available](#) that have anti-aging properties.

9. Wash your towels frequently. Just like your pillowcase, your towel accumulates dirt. When you touch it to your face, especially right after washing it, you are infecting your open pores with bacteria.

10. Moisturize immediately after washing your face or showering. You know that "dry" feeling you get after standing in front of the mirror for a few minutes after showering, especially in the winter when the weather is cold and dry? That is the feeling of the immediate evaporation of moisture due to the lack of oils in your skin. Shorter showers with lukewarm water will prevent this, but you should also apply moisturizer immediately to your still-damp skin after getting out of the shower. This will lock in the moisture.

Thanks to reader and medical esthetics student Laura Payne for her help in adding some depth to these points for me, as well as the product recommendations. Check out her work here:
([Blog](#)) ([Twitter](#)) ([YouTube](#))

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What Men Think About Your Virginity

March 20, 2013 | by Andrew | [Link](#) | [Original Link](#)

Imagine you are dating a guy who doesn't know that you are a virgin. Everything is going well until, one night, he starts to push things past the limits of your sexual comfort zone. After a quick battle in your conscience, you stop him and reluctantly tell him "I can't..." followed by an apologetic, blush-filled explanation about how you were raised, how hard it is to constantly disappoint men, and how difficult it is to live with the fear of being "found out" by your friends. He is a little bit surprised at the news initially, but he says that it isn't a big deal. He even seems sincere when he tells you how much he admires your decision and sometimes wishes that he'd stayed a virgin too. However, in the next few days, his contact and initiative plummet. Before long he stops talking to you altogether. You are confused. You understand that men want sex, but this guy seemed different...

Sound familiar?

Of course, there are many variations on this story. Maybe you wanted to sleep with him, but something made him suspicious, and he asked if you were a virgin before anything happened. Or maybe you made it clear that you really didn't want to stay a virgin, but that you just needed a little longer together before having sex. Or maybe you actually *asked* him to sleep with you, right then and there, because you were fed up with being a virgin and figured you might as well lose it with him as with the next guy. However it happened for you, the result was probably the same: he disappeared.

You've probably assumed that men act this way for one or more of the following reasons:

1. They think it will be too much work to sleep with you,
2. They are "weirded out" by the fact that you've never had sex,
3. They don't want to "suffer" through your inexperience.

For some men, a combination of these things will play a role in their decision, but usually it will be a minor one. If you are hot enough, men won't give up very easily at all - particularly players, who know that women often say no at first, only to give in soon afterwards. No man is "weirded out" by the idea of virginity to the point that it would actually prevent him from enjoying sex. And although sex might not be as great with a virgin as with a more experienced girl, few if any men have so many women at their fingertips that they can afford to discriminate based solely on *anticipated* performance. There is something deeper at work.

The primary reason that most men disappear after learning you are a virgin is simple but often overlooked: men don't want the responsibility of taking your virginity. Rightly or wrongly, men assume that in proportion to how long you've remained a virgin, your experience losing it will be "a big deal," and something that you want to do within the context of a serious relationship - even if you tell them otherwise. Men aren't afraid of or "weirded out" by your virginity; they are wary of the expectations that will accompany taking it from you.

It should go without saying that the men who are going to be most turned off by expectations or responsibility are the ones who know, in the back of their minds (or the forefront), that there isn't

potential for a relationship. If a man really likes you, your virginity will not be impediment to dating. He will not balk at the idea of waiting until you are in a committed relationship (or possibly longer) for sex. In this sense, your virginity can actually serve as a good filtering mechanism for avoiding men who aren't interested in anything serious.

There are limits to this phenomenon, however. Once inside a committed relationship, even a man with the best intentions is likely to be put off if his girlfriend insists on waiting until marriage for sex. The convenient reality in these cases, however, is that the few women who insist on waiting until marriage are probably most compatible with the few men who are also willing to wait until marriage. So if you really believe that prolonged virginity or abstinence until marriage is important, consider this belief a filtering mechanism - no man without similar beliefs will be willing to wait that long.

It is also worth pointing out that men will be somewhat less scrupulous about taking a younger girl's virginity. Because younger girls haven't been virgins for as long, men (even young men) will assume that the girls care less about giving it away. Although there isn't a strict age cutoff for this assumption, it falls somewhere between 20 and 22. Before 20, almost no guy will be surprised at a girl's virginity. After 22, almost all men will assume that a girl's virginity is intentional. Keep in mind that the average age at which American girls reportedly lose their virginity is 17.

Also keep in mind that being surprised that a girl is still a virgin is not the same as thinking that she is "weird" because of it. I considered writing a paragraph explaining the age at which men will think a woman is "weird" for still being a virgin (since I know that some women worry about this), but in the process of trying to pinpoint that age, I realize two things: (a) there really isn't one, and (b) you shouldn't care anyway.

To conclude: men who disappear after learning you are a virgin wouldn't have stuck around in the long run anyway, and they certainly don't disappear because they are lazy or feel awkward about your inexperience. They are simply unwilling to deal with the moral hangover or relationship pressure of taking you through such an "important" event in your life, then walking away afterwards. And they will avoid doing so even if it means foregoing easy or guaranteed-STD-free sex. So if a guy disappears on you after you tell him about your virginity, don't feel the need go and to lose it at the next opportunity; just be glad you dodged a bullet.

Related Posts

1. [What Men Think About Your Sexual History](#)
2. [How to Date as a Virgin](#)
3. [How to Look Good During Sex](#)
4. [Never Tell a Guy When You'll Have Sex With Him](#)

Your Love Life Is in Trouble If...

March 23, 2013 | by Andrew | [Link](#) | [Original Link](#)

Your love life is in trouble if...

- You minimize the time that you put into looking good because you believe that "only shallow men care about your appearance."
- You tell yourself you have plenty of time to find a guy.
- You over-analyze what you should text men and when.
- You actually believe your friends when they tell you that you have "a Beyonce thing going on" or compare you to any other heavy-set-but-attractive female celebrity.
- You behave differently depending on the kind of guy you are with (dating) at the time.
- You blame the fact that you are single on "all men being assholes," the male "fear of commitment," or "all the good men being taken," instead of acknowledging the only real problem: yourself.
- You reflexively criticize hot girls for being "ditsy" or "stupid" - even if they are.
- You assume that a man means something else when he tells you he "isn't looking for anything serious right now."
- You are trying to date a guy who is cheating on his wife or girlfriend with you.
- You don't own high heels.
- You don't have a gym membership.
- You believe that you "just need to be patient" and soon you'll fall madly in love with a man who unexpectedly stumbles into your life, just like in the movies.
- You don't think you can get more attractive than you are right now.
- You believe that the best way to get more attention from the men who don't approach you is to instead approach them.
- You are tall for a girl, and believe that slouching makes you more attractive because it takes the emphasis off your height.

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What Men Think About Your Disability

March 27, 2013 | by Andrew | [Link](#) | [Original Link](#)



Hi Andrew,

I don't think I'm your target audience but found myself agreeing with many of your posts (mercifully they are short, to the point and well written).

When I am out and about I get a fair amount of attention from men and women. People smile often, say hello, compliment me on my hair, generally really nice to me. Well the women do. I even have complete strangers pouring their heart out to me. I notice men looking at me and once in awhile they smile. Without appearing 'full of myself' I know I have a nice, friendly, open face and personality. I do get very nervous if I'm aware a man might be interested in me. Consequently, all that easy breezy confidence I usually have disappears.

The thing is, I have weakness in my legs and I use a walker. I think this is an impediment (along with my age, although most people think I'm much younger than I am). I have had men approach me even though it's clear I need an aid. Mostly they do not. Most people really do notice my face first and then their eyes wonder down to notice my walker; they look back up then away. My guess is that a lot of people are intrigued by the dissonance: a young looking, pretty woman using an "old lady" walker.

I appear very normal other than using a walker. I'm only interested in meeting a guy to date seriously. By the way, I'm 46.

I know my physical disability slashes my chances with most men but do you have any suggestions about how I may increase them?

Kind regards,
Nancy

Nancy,

If I imagine myself in a public place where I was open to meeting women, and I saw an attractive woman with a walker, my reaction would be something like this:

"Woah, she is good looking. Is that a walker? That's kind of strange... but also interesting. It might be a little awkward trying to 'talk around' it [i.e. avoid bringing it up in conversation, or making sure to do so tactfully] but I still want to meet her. I wonder if it affects her ability to have sex? Would it be weird dating a girl like that? Would the walker be in the way all the time? I bet she is a good and interesting person."

Then a series of images would flash through my mind about how the walker might play into a relationship with her. I might imagine helping her get seated at dinner, getting into and out of the car, etc.

This is not just a hypothetical situation for me. I had a similar experience one time, fairly recently, when I came across a cute girl's profile on a dating website. When I clicked-down into her photo album, I saw that she had deformed legs and a wheelchair. I remember thinking essentially the same things I've paraphrased above.

You can be 100 % sure that the sex question will go through any guy's mind if he is otherwise interested in you - whether it is for a temporary or long term relationship. In fact, I think it is safe to say that for any guy, this will be his biggest question, even if it seems obvious to you that there wouldn't be any issue. While it would be pretty awkward to convey your ability to have sex in a spoken conversation, you might consider internet dating, where you could literally add a note about it to your profile - maybe just a sentence at the bottom saying something like "By the way, even though I have a walker, I just want to put it out there that I am still capable of normal sexual relationship." This might seem a little awkward to post online, but it would be well received by the men, and it would remove an impediment - again, probably the largest - from their willingness to contact you.

If you date a guy and you get to a point where you would be comfortable having sex, I suggest letting him know indirectly that you are capable of it. You can do this by taking a natural opportunity in conversation to point out that your disability "doesn't prevent anything except your ability to walk." No need to wink, raise an eyebrow or even say it in a suggestive tone. Even if he doesn't understand that you are trying to convey your ability to have sex (in fact, it would be better that he didn't), that comment will be in the back of his mind when he thinks about having sex with you later, and it will have helped to form his understanding of the limited effect of your disability. He will therefore be more comfortable making a sexual advance. If he makes an advance before you are comfortable having sex, I suggest pointing out the reason why you aren't ready (maybe it's just too soon, or you are waiting for marriage, etc.), so that he knows that it *isn't* because of your disability. I do not suggest making an advance yourself.

The second biggest consideration will be the overall effect of the walker on day-to-day activities. I don't see this being a huge problem to an open-minded guy, but some men would prefer not to have to deal with it at all. The latter group of guys are probably not the kind you are interested in anyway, and I suggest just being happy that they won't waste your time. However, the ignorant and open-

minded guys are the extremes on a scale. Different guys will consider your disability a "big deal" to different degrees, and it will play into each's decision accordingly. So with all guys, **the best thing to do will be to help them become familiar with its minimal effect on your life as soon as possible.** You can do this mostly by showing him how casual you are about it: if you go on a date, be nonchalant about your walker in any situations it creates. Mention the walker in passing without focusing too much on it, or casually telling a story in which it played a role, but moving on naturally in the conversation afterwards. Your casual references will speak volumes about the normal-ness of the walker in your life.

Humor will be a very big tool for you in this regard. In fact, I think it can be your biggest ally if it isn't too forced. For example, I envision you talking with a girlfriend and a guy you like, and you telling a story that happens to involve a funny situation that was caused by your walker. For a split second after the punch line, the guy is mildly uncomfortable (because he doesn't know how he "should" respond), but that awkwardness instantly melts away when he sees you and your friend talking casually and laughing about the whole thing. Then you return to normal conversation, just like after telling any funny story - except that he now realizes a bit better how natural it is for you, and how natural it *would be for him if he were to date you*. If you can show him that you can laugh about your walker and disability, he will be much more comfortable with the idea of dating you.

The converse is also true: **nothing will turn off men more than to get the impression that your disability is a big deal, and is awkward, and is an impediment to a normal relationship.** The girl I mentioned earlier with the wheelchair on the dating website made one huge mistake: she put a disclaimer at the bottom of her profile saying something like "and if you send me a message asking about my chair I will find where you live and beat you up." Obviously her threat was a joke (she was tiny), but it showed that she was uncomfortable with any attention drawn to the fact that she was different. She thought her wheelchair was a much bigger deal than it really was, and that was a red flag to me and other men that we would constantly have to tip-toe around the subject. Ugh. I would have been *so* much more attracted if she'd had written "Oh, and if you think my wheelchair holds me down, just wait 'til I kick your ass on the basketball court! ;)"

The general idea, I think, is that your walker isn't a big deal and you just need to *show* potential boyfriends this. I can tell from your e-mail that you are very comfortable with its effect on your life. But realize that for the guy, it is a new thing with a lot of associated uncertainty. The sooner you can remove that uncertainty and replace it with normal-ness and humor, the more he will be able to envision himself living with it and you.

It is worth mentioning that your walker is certainly acting at least partially as a filter. If a man approaches you, you know he is interested in something more than sex. Therefore I think you can ignore any advice about gauging his interest or making him wait. This doesn't mean you should take the initiative yourself (asking him out or for his number, for example), because this will come across as needy; but it does mean that you can be more open to his advances than other girls. (If you aren't getting a lot of attention from men at the moment, this openness will probably come naturally, since you will be excited about the prospect of finding a guy.)

So maybe I can summarize by saying I suggest the following:

- If possible, convey to him that you are capable of sexual relationship
- Demonstrate immediately that your disability is not a big deal, and that you are comfortable with it
- Recognize that a man approaching you has already been "filtered" so there is far less need to test him. Be open but not needy.

Oh, and about being nervous when a guy gives you attention: you can be sure that the guy is nervous about giving you attention, and most likely does not notice your nervousness - unless you show some painfully visible sign of it (shaking for example). The first time I hit on a girl at the grocery store I was nervous as hell. I'd passed her in the aisles a couple times and she'd made eye contact back at me, so I suspected she might be interested, but I was still nervous. I forced myself to approach her and she was clearly nervous too (fidgeting, awkward, etc.). All this did was to calm my own nerves, which in turn calmed hers, and we had a nice conversation.

I hope some of this helps. Good luck and thanks for the kind words about the blog.

Andrew

Hello Andrew,

Thank you so much for your thoughtful and practical advice. It is very helpful. I can't tell you how much I appreciate it.

You have helped me realize that I had made the walker more of an issue than needed. I suppose I lacked faith that any man would look past my disability. I'm glad you pointed out that I need not play hard to get with a man who has shown interest. It is a reminder that we really need to assess our unique positions when reading material on dating.

My confidence has gone up a notch. Now, all I need to do is get out there.

You really ought to write a book if you haven't already.

Once again; thank you.

Kind regards,

Nancy

Andrew,

I was thinking if and when the time comes, do I need to be completely honest about how far my disability has affected my life? For instance, I am in continual pain but I have learnt how to manage

it. Or do you think it would be better if I don't make an issue of it?

Nancy

Nancy,

I would focus more on making sure he knows that you are used to it than trying to point out how bad it is. Just telling him how much it hurts isn't the whole story, because, as you say, you have learned how to manage it.

Recently my coworker and his wife bought a new house. They got a great deal on it, but realized only after they moved in that it was under the flight path of a local airport.

When they first moved in, they started hearing the planes, and were worried that they'd made a huge mistake. But after a couple weeks they literally couldn't even tell you when an airplane had passed because they were so used to it. If the real estate agent had shown them the home during heavier airplane traffic, or called their attention to it, they'd probably have immediately walked away, not realizing how minor a disturbance it would actually be. They would have missed out on a great deal.

Likewise, if it comes up in conversation for some reason, I would be honest and admit that yes, it hurts - sometimes a lot - but emphasize that you know how to manage it and it isn't a big deal because of that. I wouldn't even go into detail about *how* you manage it, because that calls more attention to it than it warrants. The point is that you do manage it, and it isn't a huge thing. End of story.

Hope that helps,

Andrew

Related Posts

1. [You Are Responsible for Your Own Romantic Happiness](#)
2. [Self-Improvement Takes Time](#)
3. [Why You Don't Get Approached by Men](#)

What Men Think of You Without Makeup

April 1, 2013 | by Andrew | [Link](#) | [Original Link](#)

There is no question that you look better with your hair and makeup done than you do without it. If your boyfriend tells you that you are hotter without it, because he prefers when you "look more natural," he is either lying or you aren't doing your makeup correctly. Makeup is designed to make you look better; saying that it doesn't is like saying that a fresh coat of paint on a house doesn't make the house look better: it is only true when someone screws up the paint job by using the wrong colors or applying the right ones incorrectly.

In any case, although cosmetics give you an undeniable advantage when it comes to controlling your appearance, they come with the burden of deciding when and where their use is appropriate. The following points explain what men think about seeing you done up or in your natural state, so that you can better choose between the two when that decision proves difficult.



1. He cares about first impressions. We all do. They matter. Initial experiences leave an impression on the mind much deeper than most of those that follow; this is simply the way the human brain works. So make sure you are looking great the first few times you meet him; he will remember it. (Note that I did not say that you should be looking "your best" the first few times you meet him. This is because it is always good to keep a little something in reserve. If your "great" isn't good enough for him, your "best" probably won't be either. And even if it were, you would have to be completely focused on your appearance in order to barely keep him interested, making your life a living hell.)

2. He is going to see you without makeup eventually, so don't make inordinate attempts to avoid being seen bare-faced after the first few dates. By inordinate I mean things like canceling a date because you won't have time to do your hair perfectly, or completely avoiding a hike with him because full makeup and hair would be inappropriate. I don't mean spending an hour getting ready for a date. Spending time to make yourself look your best is normal, not inordinate; so err on the side of doing this more frequently rather than less. Just beware that there is an upper limit to the benefit of

added effort, since he will see you without makeup eventually.

3. He doesn't stop wanting to see you done up. There is a misconception among some women that as a relationship develops, a man becomes either (a) less turned on by seeing you done up, or (b) more turned on by seeing you in your natural state. Neither of these are true. In fact, if anything, the opposite is true in both instances, since, as a man grows accustomed to your look, his sex drive starts nagging at him, inclining him to desire other women (though in a good relationship, this is counteracted by emotional investment, time investment, love, etc.) In any case, he certainly doesn't stop wanting to see you look your best, or grow less disappointed when you reduce the effort you put into your appearance. There is no point at which you can "relax" without implications while you are both sexually active with each other. If this seems unfair, remember the analogy between confidence and beauty: you taking a break from being beautiful for him is like him taking a break from being strong and confident for you. While you could probably sympathize with your man's desire to relax in this regard, and might even be OK with him showing his weaknesses to you from time to time (see #7 below), you'd prefer to always have him being his strongest, and you wouldn't be any less turned off by his weakness just because time had elapsed in the relationship.



4. He hates a women whose life is dictated by her appearance. The negative effect of being unwilling to do activities that would require you to not wear makeup (camping, surfing, etc.) by far outweighs the advantage you gain by always being seen at your best - especially considering points #2 and #8.

5. He loves a woman who is confident in her own skin. Confidence is a character trait that both sexes find incredibly attractive in the other (even if women value it more than men) because confidence is rooted in a healthy self-perception and acknowledgement of one's own self-worth - which all diligent and contentious people have. The attractiveness of your confidence is much more important than whatever advantage you sacrifice by occasionally being seen without makeup.

6. He loves you looking your best during sex. Remember that men are primarily stimulated

visually. While there is a certain attraction to being naked with a woman who bares her whole self to you, most of the time a man wants to be sleeping with the hottest woman he can. Again, remember the analogy between confidence and beauty, and consider how you'd feel if your normally confident man turned into a weak pushover in the sack. I am not saying that you should never have sex without your hair and makeup done. There are some instances in which getting done up just for sex isn't appropriate, and he'd certainly rather have sex with the "au natural" you than not have sex at all. But when you have the *option* to get done up, and you find yourself tempted to think "oh, he doesn't really care" or "we love each other so much it doesn't matter," remember this point.



7. There is something intimate about seeing a girl without makeup. When I've seen my ex-girlfriends without their hair and makeup done, I've had two thoughts: (a) she is less attractive, but (b) it is nice that I get to see this side of her. It is an expression of intimacy - and her confidence - that she can be herself in my presence, and this is worth something. Don't use this as an excuse to ignore point #3, but allow it to help you if you struggle with point #5.

8. He isn't expecting you to be as hot without it as you are with it. Men understand that you aren't going to be as beautiful without your makeup on and hair done. This is expected, and it is factored in to their evaluation of your attractiveness. Yes, there are some women who get more benefit from makeup than others, and it *is* possible for a man to be surprised by how much less attractive a girl looks without it. You can avoid falling into this category by understanding your complexion and wearing makeup that is compatible with your natural look; but regardless, know that men definitely hold you to lower standards when you aren't made up.

A final point is worth noting: a genuinely feminine woman loves looking her best. She takes great pleasure in adorning herself and amplifying her internal beauty via her external beauty. You don't need to be a supermodel to enjoy this; you simply need to know that you are looking *your* current best. The more you allow yourself to enjoy looking beautiful, the less you will resent the "need" to do so, and the more comfortable you will feel when you don't.

Related Posts

1. [The Importance of Hair](#)
2. [How to Look Good During Sex](#)
3. [Hair and Makeup Variety](#)
4. [A Tool for Learning Makeup](#)

Men and "Friends With Benefits"

April 4, 2013 | by Andrew | [Link](#) | [Original Link](#)



While explaining her relationship with a guy she is interested in, a reader who recently wrote to me for advice reminded me of the difference between the typical male and female approach to being "friends with benefits":

I guess we're friends with benefits because there's no commitment on both parts. I also made a conscious choice that it was only purely physical with what happened between us (only twice by the way). But I liked his company and the flowing conversations we had. I didn't put any pressure on him either. I had no illusions, in other words. I was, however, hoping that we could learn more about each other slowly and establish a good foundation before going to the next level. But again, I had no illusions.

The simple fact is that men almost never fall in love this way, despite what you saw in the fictional movie (emphasis on fictional), *No Strings Attached*. The woman quoted above might not have had any illusions about the fact that the relationship was purely sexual, but I suspect she did have some illusions about just *how* unlikely it was that her love interest would change his perspective on the relationship. If she hadn't, she wouldn't have wasted her time.

It has been my experience - both personal and vicarious - that the vast majority of women view a casual sexual relationship as a potential stepping stone towards a relationship. Men, on the other hand, see it as nothing more than what it sounds like: sex with no emotional ties, no commitment, nothing. If anything, men treat it as a step away from a committed relationship, because if they wanted more from a woman, they wouldn't settle for mere sex; they'd want her exclusivity also. (If this sounds familiar, it is probably because it is almost identical to the difference between the male and female perspectives on moving in together before marriage.)

Any man who is mildly observant of the opposite sex will have a hunch in the back of his mind that this kind of relationship is bound to explode eventually. But he isn't going to turn down all of the commitment-free sex he'll get in the meantime just because of some "feeling." Men don't trust feelings the way women do. Men are hyper-rational, literal creatures. If it is *called* "no-strings-attached" relationship, that's exactly how he treats it, no matter how much cuddling and hanging out is involved.

Furthermore, a man will often be willing to engage in a relationship like this with a woman who is below his league, in the same way that many people will have lower standards for the quality of the house they lease, as opposed to the one they eventually buy.

Yes, of course, I know, there are occasional exceptions. There are always exceptions. Once in a while, a long-term relationship or even a marriage can grow out of something that started as friends-with-benefits. But the point is that, when it comes to casual sexual relationships, the exceptions are so rare that you'll be far better off avoiding them completely than taking a gamble on even the most apparently promising ones.

So before you jump at the opportunity to "get closer" to the man you want by making things sexual, recognize that his willingness to engage in a casual sexual relationship with you is actually a step away from commitment, not a step towards it.

Related Posts

1. [Men Don't Fall in Love the Same Way Women Do](#)
2. [Men and Sexual Variety](#)
3. [Don't Fuck on The First Date](#)

Why Men "Fade Out"

April 9, 2013 | by Andrew | [Link](#) | [Original Link](#)

Women sometimes complain about men "fading out" - that is, slowing and then ceasing contact after dating for a little while, or else just stopping it abruptly. The alternative, of course, is for the guy to call the girl and tell her directly (in these words or others) "I am not interested in seeing you again. I had fun with you but I can tell it won't work out so I don't want to continue dating."

No guy wants to make that call, so instead, many men simply stop communicating with the girl altogether. I understand that there are a lot of bad feelings mixed up in the experience of slowly realizing that the guy isn't interested, so I want to explain why men do this, try to excuse it slightly, and offer a way of handling it.*

The reasons men "fade out" are simple:

1. **It is easier than being direct with you (for him).** He doesn't have to fumble through a difficult conversation in which he tries to balance the harsh truth about his feelings for you with an explanation that doesn't hurt your feelings too much. Not only is striking this balance difficult, but there are also implications if he fails to do so - damage to your ego if he is too blunt and ambiguity if he isn't sufficiently forthcoming.
2. **It is easier than being direct with you (for you).** You don't want to hear the harsh truth any more than he wants to deliver it. True, you might want closure more than you want to avoid the pain of knowing he doesn't want to see you again; but the hit to the ego you receive when a guy fades out slowly is less severe than if he calls you up and says abruptly: "I don't think you are good enough for me" (which is what being dumped amounts to).
3. **It would be presumptuous to assume that you wanted to continue the relationship.** This is the reason that I think women understand least. Sometimes a man feels like he doesn't have the *right* to announce his decision to stop seeing you, because he doesn't feel justified in making the implied assumption that *you* wanted to see *him* again. Sure, in some instances he might suspect that you do; but he never knows for sure. If there is enough ambiguity about your interest in him, it can very easily prevent him from being direct with you about his decision to stop seeing you.
4. **It still conveys the message.** While in the short term you might be confused by his lack of contact, he knows that after a few months of silence there won't be any ambiguity about his lack of interest. In the long term, he isn't sacrificing clarity by forgoing the direct phone call.

Girls that have been faced with the need to dump a guy know exactly what I am talking about. In fact, this isn't a singularly male phenomenon, except in the sense that men - due to their promiscuity - tend to be the ones breaking things off more frequently than women.

So how do you handle the situation if a man starts to "fade out" on you? Well, I suggest you start by recognizing that your chief annoyance is the temporary ambiguity - with the emphasis on temporary (see #4 above). From there you have two options:

1. **Let the ambiguity dissipate by his continued lack of contact.** This is usually difficult in

proportion to how disappointed you are that he stopped wanting to see you; but a confident and vulnerable woman does not get very invested in the early stages of a relationship, and anyway is not interested perpetuating things with men who aren't interested (enough) in her.

2. **Remove the ambiguity by calling him.** Whether you do it because you are impatient or because you are annoyed that he isn't being direct with you, you can always call him to ask for closure. While technically speaking this is initiating contact, it isn't problematic because you aren't trying to preserve the relationship anymore. I suggest saying something along the lines of "Hey, [name], I know things didn't work out between us, and I can live with that; but I just wanted to actually hear it from you and know what changed in your mind." You will be putting him on the spot here, so don't expect much in terms of an explanation, but at least you will get confirmation that he is no longer interested.

* Note that I am only talking here about "fading out" after early dating. If this happens after a long time together, or in an exclusive relationship, the reasons and obligations on the man's part are different entirely.

Related Posts

1. [Ask For Feedback If A Guy Breaks Up With You](#)
2. [Don't Initiate Contact](#)
3. [Get Used to Rejection](#)
4. [How to Reject a Guy](#)

I'm Taking a Short Break

April 11, 2013 | by Andrew | [Link](#) | [Original Link](#)

I have a crazy couple weeks starting in the next few days, so it might be a little while before I post anything new. In the meantime, I encourage you to explore the older posts, or re-read some older ones (quite often, ideas will only take root the second time you encounter them, especially if some time has passed).

Here are a few important posts that I don't often link to:

1. [The More Confident He Is, The Less He Likes You](#)
2. [Sexy Versus Cute](#)
3. [Making Him Jealous Doesn't Work](#)
4. [The Male Sex Drive Always Recharges](#)
5. [The Upper Hand in Relationships](#)
6. [Don't Talk Yourself Up](#)
7. [The Female's Internal Conflict](#)

I will be slow replying to e-mails as well, so please be patient if you have written me in the last week or so, but haven't heard back yet.

Texting Tip 3 - When Should You Reply?

May 4, 2013 | by Andrew | [Link](#) | [Original Link](#)

Since I've already explained [how you should reply to a man's texts](#), the obvious follow-up is to explain *when* to reply to a man's texts.

You've probably heard all kinds of suggestions from other girls about how long to wait before [replying to a text](#) from a guy you like. Some claim you should always wait 15 minutes, others insist on only replying to every other text, while others still dismiss "playing games" as ridiculous and advocate replying however you feel like in the moment. Ignore all of this advice. It will either make you come across as needy and too easy, or else cold and too distant.

In order to time your texts so that you convey your best self, you will need to be two things: genuine and realistic. Being genuine will prevent you from seeming uninterested or boring, while being realistic will prevent you from seeming desperate. Furthermore, your authenticity will show a man your [true self](#), while your realism will keep in check your tendency to be too forthcoming. Let me elaborate...

Genuine. If you get a text from a guy that you like, and you genuinely have a free moment to reply, don't play games by artificially prolonging your response. This might be "successful" in the sense that it will occasionally keep a man on the hook for a time, but this is only because he wants to prove that you want him; it doesn't make him enjoy *you* any more. In addition, the whole "hard to get" charade is far too easy to overdo, and you risk making yourself appear uninterested - or worse, cold and boring. So when he texts, answer him [naturally, genuinely, authentically](#). If you find yourself thinking "I don't feel like replying right now," or "I'll get to it later," then don't reply at all, or tell him ([tactfully](#)) that you don't want to pursue a relationship. You probably shouldn't have given him your number in the first place.

Realistic. If you are really excited about the guy who is texting you, or if you are just excited to be getting any attention from a guy, you need to resist your temptation to indulge in communicating with him (anticipating his texts, reading them, replying, and anticipating the next one). This excitement seems like a small thing; but when you are dropping everything immediately upon receiving a text notification, or constantly checking your phone just to make sure you didn't miss the latest message from him, you start to realize how much you are allowing a merely potential relationship to monopolize your priorities. In these cases, you need a healthy dose of realism. Unless you are months into a serious relationship, there is no way that know whether or not things will work out with this guy; so it is ridiculous to interrupt what you are doing every time your phone goes off. When you do this, you are reacting to your imagination and wishful thinking, not to reality.

By embracing these two principles simultaneously, you will achieve the attitude that texting "rules" seek to emulate. Yeah, sure, maybe it will mean that you occasionally seem a little over-excited to get his text (because you happen to be checking your messages when his comes in), or a bit distant

(because you were ignoring your phone while studying for ten hours, and his text came in right after you started); but you will only seem so in the short term. No single text you send will represent to him your attitude, so no single response time will matter completely. (Though if it does take you hours to reply, it is worth acknowledging this by giving a quick explanation; though an apology isn't usually warranted - if it had been urgent he should have called.)

A good way to strike this balance is to text the men you are dating in the same way that you regularly text your acquaintances friends or family. Would you bring your phone into to the gym with you - even though you normally don't - in order to be available for a text that your female coworker might or might not send you? Then why are you doing it for the random (albiet hot) guy who got your number at the bar last night? Would you interrupt your studies for the big exam tomorrow to check a text that you suspect is from your mom, asking how your day was? Then why are you doing it for a guy who (for all you know so far) might be married or have incompatible politics? Would you delay your response for an additional 15 minutes, or occasionally not reply at all in a text conversation with your little brother? Then why do you feel the need to do it with your cute coworker who you really like and suspect might be into you? Treat these men like the mere friends or acquaintances that they are, until they become something more - at which point text games won't be necessary anyway.

A final note: if a guy seems to be playing games with *you*, artificially delaying his responses or skipping texts (yes, guys do this stuff too sometimes), I still suggest replying authentically and realistically. But after 4 or 5 late and unexplained texts, feel free to ignore him. He's either a player or not interested enough, and either way you do best to forget about him.

Related Posts

1. Other [Texting Tips](#)
2. [Should You Give a Guy Your Last Name?](#)
3. [Living Vulnerably](#)

What it Is Like to Approach Women

May 11, 2013 | by Andrew | [Link](#) | [Original Link](#)

I've heard a lot of girls make the following comment:

This guy at the bar was staring at me all night, but he never approached. What's the big deal?? If he likes me, he should just come talk to me! I want him to; why is he so intimidated?

Or others have said essentially the same thing in suggesting that

A guy doesn't need to use pickup lines to talk to get girls. He just needs to say "hi" to get the girl he likes.

The truth, of course, is that a guy just needs to say "hi" to get the girl that *likes him*. To get a girl without her prior interest, he "just" needs to impress her with his confidence and bearing when he approaches. He "just" needs to be calm and carry the conversation without making himself look like an idiot. The guy who stares at the girl across the bar but never approaches knows that this will be difficult to do when his pride, reputation and success all hinge on his performance (in fact, as we know from the quote above, he judges that it is too difficult, maybe impossible, and never approaches).

Consider what seems at first to be a relatively obvious and uninteresting fact: virtually all men need to drink alcohol before they will approach a woman they are attracted to. Think about that: virtually all men need to drink alcohol before they will approach a woman they are attracted to. You might not be able to empathize with the difficulty of approaching women, but this fact tells you pretty much all you need to know. Pause for a moment and ask yourself what other social actions are so unnerving that people would almost categorically get intoxicated before doing them (if it were socially acceptable to do so). Public speaking maybe? A big job interview? Confronting a good friend about something very important to you? A lot of people get nervous about these kinds of things long before doing them - hours, days, or sometimes even weeks in advance. Approaching a random, attractive woman is easily on the same difficulty level for the vast majority of men, and for a large number of them, it is much harder.

I am sure some female readers are thinking "That is ridiculous; it *shouldn't* be that difficult." Fine. Great. Maybe it *shouldn't*. I could say the same thing about public speaking; it *shouldn't* be that difficult either. But normative statements aside, the fact is that, for most people, it is. To paint this picture as clearly as possible, I am going to draw a quick analogy...

Imagine that every time you wanted to go on a first date to a guy, you first had to get up and speak in front of a full classroom or conference. Imagine you are walking down the aisle in the grocery store and a tall, attractive man turns towards you and is about to say something, when suddenly everything freezes and you find yourself sitting in a high-school classroom, being told that next week you will be expected to speak in front of the class, alone, for 15 minutes about an assigned topic. Remember that feeling of dread you used to get when the teacher made that announcement? That is precisely how it feels for most men when they are faced with approaching a random hot girl for the first time.

But it isn't even that simple. For the analogy to be accurate, you won't only have to swallow your pride, get up there, and do the presentation, but you will actually have to achieve a grade of 80 % or higher if you want the guy to ask for your phone number. It will be difficult to present the material naturally when you are nervous, because you will probably rush through it, maybe forget certain details, or speak too quietly. You posture will matter a lot too, but it is difficult to stand up straight when you are nervous. So your nerves will not only make accepting the challenge difficult, but they also destroy your chances of earning the requisite 80 %. Actually summoning up the guts to push through that initial fear is nowhere near enough.

Don't forget that in addition to the quality of your public speaking itself, the content of your presentation will need to be interesting and original. You won't be able to impress the class or the teacher with mere poise; you will also have to show them that you know what you are talking about - that you are intelligent and understand the material well. At the same time, you shouldn't overdo this demonstration, because if you try too hard to impress them, it will be obvious that your knowledge isn't organic, that it was rehearsed for this event only.

There is more. Remember that you will be graded on a curve, relative to the other students giving presentations - just like a man is always judged relative to a woman's other male options. And there will always be other students in the class that are naturally more gifted than you. Remember that nerd that always looked like he owned the class when he got up there to give his presentation? Not only was he confident, but he also made it painfully clear that he knew exactly what he was talking about - probably better even than the teacher. You were the first in the class to present, and he was one of the last students. Trying to get a better grade on your presentation than that kid is what it is like for most guys who want to talk to that beautiful brunette in the corner, who is standing right next to a 6'3" athletic, good-looking and cocky guy, who has probably bedded dozens of girls like her. You got up in front of the class to compete with the nerd because your teacher required it. Would you have done it if you'd been given the chance to opt out? What motivation does the guy in the bar have to challenge himself?

In fact, it is a huge testament to the depth of the male desire for sexual companionship (and I don't mean that only in the physical sense) that we push through these fears and nerves - yes, sometimes with the help of alcohol or game - in order to talk to and attract women. We *do* routinely get up in front of the class, swallow our pride and nerves and try our best to beat that nerdy kid with the killer public speaking skills and nerves of steel. And we often do it without any external motivation.

I am not trying to glorify the struggles of men, nor am I trying to excuse our weaknesses. I am simply trying to show the girls who say things like those quoted at the start of this post that the male-female comparison isn't as simple as they believe; and I think analogies like this one go a long way towards doing so. If public-speaking isn't something you find difficult, then you can substitute it for whatever makes you nervous. Maybe for you it is going on roller-coasters or telling someone you care about that you love them for the first time. The point is that this kind of comparison will help you understand - and hopefully, therefore, appreciate - how difficult it can be for a guy to approach or pursue a girl he really likes. This understanding will count towards your general understanding of male behavior, which in turn will serve to improve your chances with men.

Related Posts

1. [What it Is Like to Be Rejected by Girls](#)
2. [The Upper Hand In Relationships](#)
3. [How To Make Yourself Approachable](#)
4. [Why Men Don't Approach You During the Day](#)
5. [The More Confident He Is, The Less He Likes You](#)

Why Men Like Draped Necklaces

May 21, 2013 | by Andrew | [Link](#) | [Original Link](#)



I've been noticing lately that I really like it when women wear long necklaces. I recently stopped to think about why, and I realized that long necklaces break over the crest of a woman's breasts and hang in mid-air below them, thereby subconsciously drawing a man's attention to them. If you have reasonably sized breasts (B-cup and above), this is a good thing; use it to your advantage. I would rank the effect of this right up there with the attractiveness boost you get from large earrings.

If you have smaller breasts, a necklace like this can still look good, just not for the same reasons. It might instead pull together an outfit or add ornament to a plain top. I'd err on the smaller side, but I wouldn't categorically avoid them for fear of drawing attention to the fact that your breasts aren't your best asset.

A couple other things I noticed: a necklace is definitely too long if it hangs below your belly button, and it is too fat (relative to the length) if its thickness prevents it from draping gracefully over your breasts.

OK now I am going to stop with the fashion advice before readers start questioning my sexuality...

Related Posts

1. [The Bigger The Hoops, The Bigger The Whore](#)
2. [Feminine Beauty is Highly Controllable](#)
3. [Don't Wear Sneakers](#)
4. [Be Careful About Wearing Large-Shouldered Tops](#)

The "Three Mistake Minimum" Rule on Dates

May 26, 2013 | by Andrew | [Link](#) | [Original Link](#)

I've had a lot of girls ask recently how they can be more "open," more authentic, more vulnerable. They recognize that these dispositions not only allow them to be their true feminine selves, but are also attractive to men in a non-sexual way. This post is for them. If you are the kind of girl who prides herself for "speaking her mind" on dates, this post is *not* for you. In fact, you probably need to shut up more.

When my friend and I used to go out in San Diego, we would sometimes make a rule at the beginning of the night: no one could go home until they'd approached and been rejected five times by girls. If you were successful and chose to leave the interaction or got a phone number, it didn't count towards the total. Sometimes we would aim for three rejections, other times five rejections, and on ambitious nights we'd shoot for ten. It made for some fun times. The way we saw it, if we weren't getting rejected often, it meant we weren't trying hard enough. More importantly, it made approaching easier. If we knew we had to get rejected ten times anyway, we'd think "might as well get started now." It always worked. What at first seemed like recklessness actually made us successful, because our indifference to rejection gave us the bearing we needed to communicate our confidence; and women ended up liking us more.

As I pointed out in a seemingly unrelated post, taking risks is something we all need to do in order to succeed. We tend to avoid risks because they lead to failure, but risk-taking is also a prerequisite for success. We have to embrace the chance of failure if we want to succeed. This applies to dating as much as every other aspect of our lives. While there are many things we can control to attract the opposite sex, experience shows us that not everything can be manipulated, and there is a point at which we need to let go and accept the limits of our influence.

A lot of women find first dates nerve-racking. Whether or not they realize or admit it, they are nervous because they see a first date as a time to perform, a single opportunity to show their best side to a man, a critical chance to impress him. They are self-conscious because they want to avoid doing something stupid or unattractive. If you are one of these women, you know exactly what I am talking about. It can be paralyzing.

When you are having a conversation on a first date, all kinds of thoughts and reminders are constantly passing through your mind. Some of them seem appropriate and you verbalize them, but many you veto because you aren't sure if he'll agree, or whether he'll be interested. These are things that you would say without a moments' hesitation in front of a work acquaintance or a friend; but you don't want to say something that will turn off your date, or make him think that your tastes or opinions differ too much from his. So you leave these things unsaid.

Example 1 - He mentions a boring, generic Hollywood movie he saw the other day and really liked, and asks what the most recent movie you've seen was. You tell him that it was *A Separation*. When he asks how you liked it, you balk. You thought it was incredible, the best movie you've seen in years; but you are hesitant to tell him so because you doubt he

appreciates foreign (let alone Persian) films, and he might even think you are a little weird because of it. You tell him "It was good... different, but good" and change the subject.

Example 2 - You met online and it's your first date. He invites you to dinner but doesn't tell you the name of the restaurant ahead of time. You've had a long day so you are hoping for someplace casual where you can just kick back and have a beer with him. When he picks you up he is a lot hotter in-person than you expected. He takes you to a fairly fancy place, and when the waitress comes, he orders a cocktail. You do too, even though you never drink anything other than Bud Light and think cocktails are kind of pretentious.

In both instances you lack authenticity. This kind of guarded, deferential mentality is preventing you from being your true self. More to the point here, it is preventing you from finding a man that is truly compatible with you. I've been on dates with girls that have been very open and genuine, and I've had absolutely no interest in them because of it. They showed their true colors, and I didn't like them. But these girls are far closer to finding a guy than the women I've dated several times without ever feeling like I knew who they were. A few of these girls gave me glimpses of their true selves occasionally, and I loved what I saw. But the glimpses were far too brief and fleeting for me to really know whether it was representative or not - in other words, whether or not it was worth hanging around for. So I didn't.

You probably assume this guarded mentality in order to prevent yourself from failing with men (looking stupid); but it is also preventing you from succeeding with them. The kind of guy who would like what you decided against saying will think less of you for your silence, while the guy who would think poorly of you for it probably isn't right for you anyway. Your attempt to make the date work by avoiding your natural inclinations is futile, because, although your instinct is right - it will prevent you from looking stupid - it will also prevent you from being attractive to the men you are most suited for.

So next time you are on a date, do the equivalent of what my friends and I used to do in the bars of San Diego: do not go home until you've made a conscious effort to push through your reservations and express the things you would say in non-date situations - at least three times. In other words, don't go home until you've made three "mistakes." Remind yourself of this just before meeting him for the date, and then anytime you are alone during it (e.g. when you go to the bathroom). If you want to get hyper-practical about it, set an alert on your phone, so that you get a little vibrate reminder part-way into the date. If you get to the end of the date and still haven't hit three, just ask him anything you want to know about him but "isn't appropriate" to ask.

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No, You Aren't a Good Wing Woman

June 11, 2013 | by Andrew | [Link](#) | [Original Link](#)

The other night I was out with a friend who had invited some of his coworkers to join us at the bar. A couple of these coworkers were girls. After everyone had arrived, my friend and I started looking around and talking about which girls in the bar we wanted to talk to. One of his female coworkers overheard us and immediately lit up. She jumped into the conversation: “Oh! Which one do you like? Point her out to me. I’ll go and...”

“Wait.” I said, interrupting her. I knew exactly what she was going to say. “Let me guess. You are going to walk over there and get her to talk to me, because you are ‘a great wing woman’ – right?”

The expression of surprise that broke across her face made it clear that I’d hit the nail on the head. But her enthusiasm wasn't deflated yet.

“I *am* a great wing woman!” she insisted. “Come on, point her out to me, I am awesome at this.”

“Haha riiiiight,” I said sarcastically, “you and every other girl...”

I've had this conversation with girls dozens of times. In fact, I've never met a girl who has claimed to be anything less than "the best" or "a great" wing woman. And every time I've let them demonstrate their "skill," they've failed miserably. Unleashing my frustration at so many similarly self-deceived women, I explained this to her, then drove my point home:

“Girls seem to think that ‘being a good wing woman’ means walking up to another girl and asking her about some article of clothing she is wearing, or where she gets her hair done, and then ‘subtly’ (and by subtly I mean abruptly) transitioning into ‘hey, you have to meet my friend Andrew.’ It’s completely transparent, makes me look like I don’t have the balls to do it myself, and generally undermines any chance I would have had with her to begin with. So, I am sorry, but no, you aren't a good wing woman; and no, you cannot help.”

Enthusiasm now deflated, she turned and went to find her other coworkers.

I realize that not every girl thinks she is a “great wing woman,” but I am continually surprised at how many do, how unoriginal their approach invariably is, how vacuous their claims of greatness are, and how enthusiastic they are about the whole thing. My only guess is that, being so used to a passive role in the whole “pickup” exchange, these girls believe that the opposite task is simple, and simultaneously want to exercise some kind of agency in the process for once – in the same way that many men believe that girls “just” have to look good and show up, and would love to have a girl take the initiative from time to time. In any case, after letting a few girls try and fail at it, I've stopped humoring them.

I've actually had one good experience with a girl helping me to meet another girl. However, the “wing woman” never claimed to be good at what she did. In fact I didn't know until afterwards that

her “game” was premeditated. Here is what happened:

My friend and I were part of a large group. He and I were talking to Girl A, who knew that I was attracted to her friend, Girl B. Girl B was talking to some other friends in another small group nearby. Without asking my permission or announcing her intentions, Girl A subtly leaned into Girl B’s group, and asked her a quick question. This drew her into our conversation. We shifted around naturally as Girl B joined our group, and Girl A positioned herself next to my friend, leaving me next to Girl B. We all talked in a group for a few minutes. Once I asked a direct question to the Girl B, Girl A turned to my friend and asked him a direct question also, splitting the conversation into two couples. A moment later, Girl A turned slightly to face my friend, so that Girl B and I were further isolated in a personal conversation. Girl B and I talked like this for about 15 minutes, and then I got her number. It was seamless.

It was so seamless, in fact, that I was suspicious, and I asked Girl A afterwards if she’d done all of that intentionally. She smiled knowingly, nodded, and didn’t say another word about it. I was impressed.

So next time you find yourself tempted to brag about your wing-woman skills, stop yourself and re-learn the age-old lesson from Girl A: actions speak louder than words.

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Why Getting Him Back Won't Help

June 18, 2013 | by Andrew | [Link](#) | [Original Link](#)

I need to give some advice that doesn't fall strictly into the category of "here is what you don't realize about men" (or what men like) - not because I want to change the theme of the blog, but because the misunderstanding it corrects is rampant in young relationships, and hopefully pointing it out will free some mental space in the minds of young women so they can instead focus more on their misconceptions about what men want, or other more-important things.

I have answered dozens if not hundreds of e-mails asking for advice about how to correct a relationship after a break-up or a break-up attempt. They usually sound something like this:

My boyfriend and I have been together for over three and a half years. About two weeks ago, he told me he was questioning the relationship and thinks he wants to break up. He told me that he dislikes X, Y and Z about the relationship and thinks they are signs that we'd both be better off with someone else.

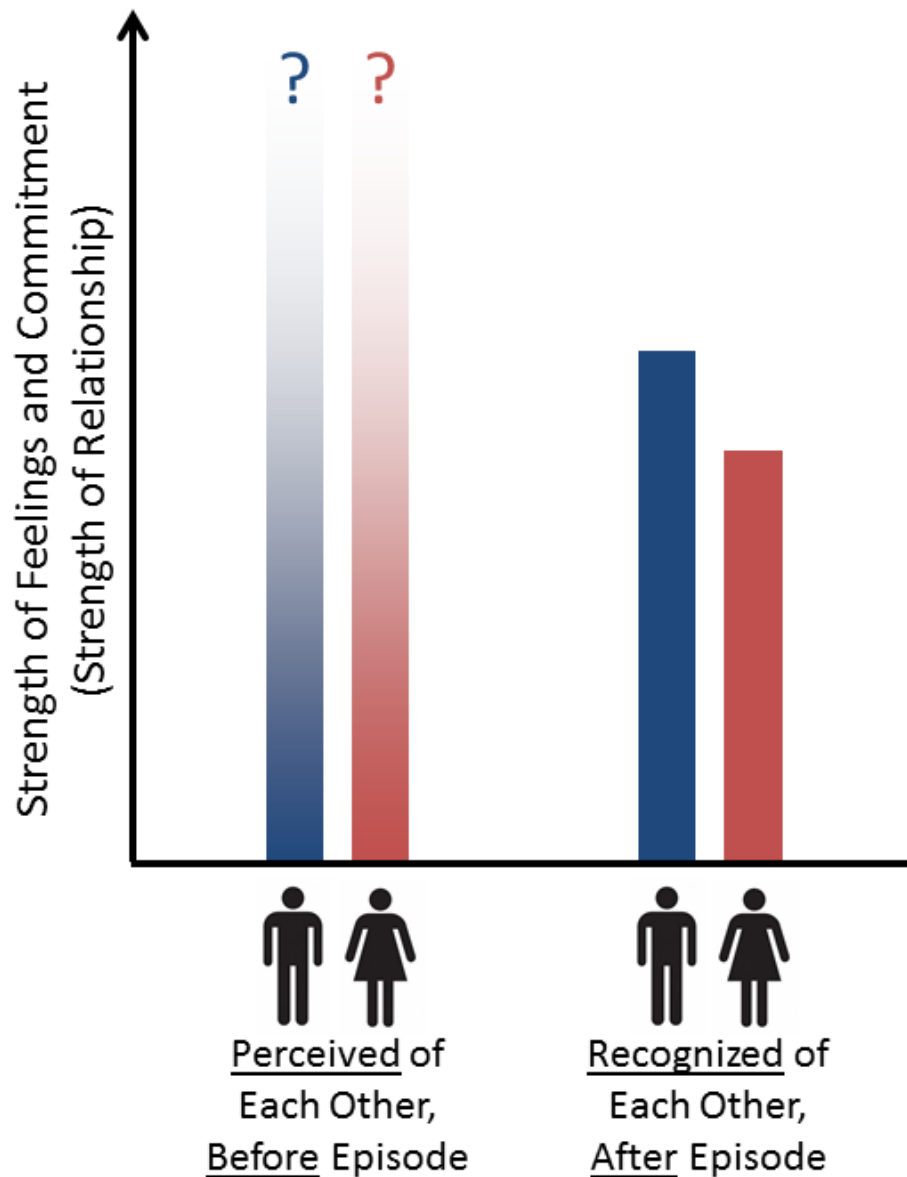
We talked about it, and eventually he changed his mind, because we were both more open and honest with each other. We ended agreeing to give it another shot, and to do X, Y and Z differently. So we're still together.

I am glad we worked things out, but now I feel like he has all the power. It's like I got "almost-dumped." I'm not completely happy with the situation but I am also unsure about how to proceed. What should I do??

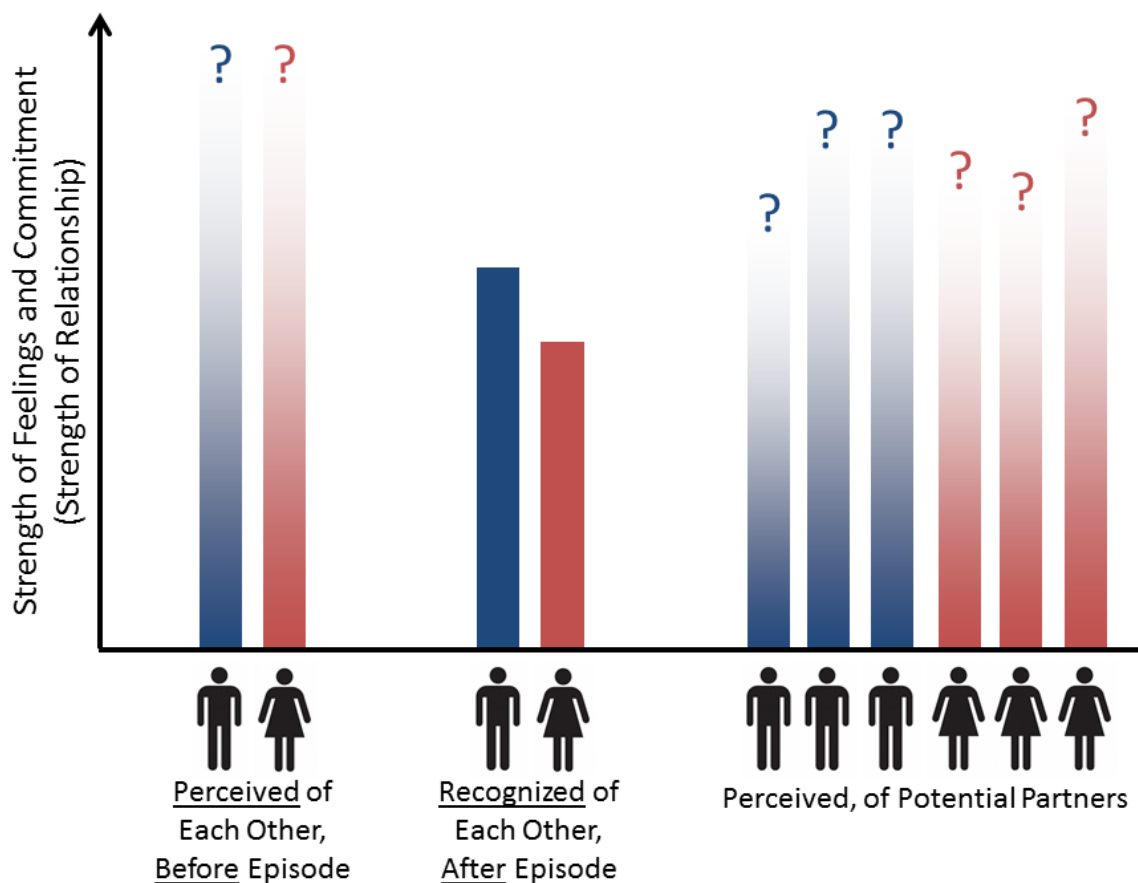
In other situations, one person breaks up with the other, and then (by either party's initiative) the couple gets back together, thinking that "this time it will be better." In either case, the important characteristic is that the relationship reaches or nears its end, only to make what seems to be a thankful recovery.

The main problem in these situations normally isn't that one person can't follow through with the promise to change X, Y or Z (though this too is very frequently true, and a close secondary problem). The main problem, and what most people fail to recognize, is that when a relationship nears or reaches a failure point, its limits are defined.

Prior to such an episode, each party could believe - and usually at least hoped - that the relationship was strong enough to sustain limitless difficulties. Neither party knew how much it would take to break the other's feelings or commitment. But a break-up (or near-break-up) changes that irreversibly. Suddenly one partner knows that the other's commitment has real limits. What was once "a love that knew no bounds" and apparently bottomless, is shown to be of finite dept - maybe even shallow. So the disappointment comes, not because the relationship is broken, but because it is shown to be *breakable*.



There is an additional aspect of this phenomenon that makes it all the more condemning. While each partner previously compared their other dating options to something of unknown and conceivably infinite strength (i.e. their existing relationship), a doubt-forming episode will mean that they now compare their options to something they know to be finite, and perhaps even weak. Both the man and woman will convince themselves far more easily that things could be perfect with someone else, because their optimism about dating, stripped of its previous object, needs a new outlet. So in addition to seeming weaker in-and-of itself, the existing relationship will now be compared to inflated alternatives.



I have a very good guy friend who has been married for six years. His wife recently asked him for a divorce. He confided in me recently that this is actually the second time it's happened; two years into the marriage she did the same thing. At the time, he refused the divorce. He wanted to try to make it work, so they talked it through and she agreed. He essentially convinced her to "work on the relationship" and try to make the best of it.

Four years later, she's done the same thing, and this time, he isn't fighting it - because now he recognizes what I am saying here. Those four years, he admitted to me recently, were always spent in doubt of her feelings and fidelity, caused by the simple fact that she voiced her discontent. The relationship was ostensibly maintained, but the reality was that it had already been undermined by her attempt to end it; and my friend proceeded to waste four years trying to salvage what he essentially knew was dead after two.

Granted, there are some instances in which a break-up or fight doesn't reveal a relationship's depth, just as there are situations in which you might be willing to live with the limitations that such an episode often does reveal. The point here isn't to imply that all break-ups or fights are premonitions of ultimate failure, but to point out that if you find yourself disappointed in spite of having "saved" your relationship from a bad episode, it is almost certainly because that episode showed you that your relationship is more fragile than you'd hoped. So before you spend all kinds of emotional energy trying to get your boyfriend back or resisting a break-up, ask yourself whether just having him (or just having him back) is actually enough to satisfy you.

If you liked this post, you'll definitely like my book, Beyond the Breakup. In fact, this post has been included as one of the chapters, along with others that explain how to react when your ex tries to contact you, how to understand his motives for doing so, and much more.

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Black Girls Are Easy

June 23, 2013 | by Andrew | [Link](#) | [Original Link](#)

I was recently given a link to a blog that I found hugely impressive. Not only did I agree with the author on just about everything, but he also makes many of the same points that I do on this blog - and he is a lot funnier. His writing is geared towards black women, but the underlying principles apply across the board.

Go check it out:

<http://blackgirlsareeasy.com/>

An unfortunately necessary disclaimer (which I am adding a day after the original post): obviously the blog title, *Black Girls Are Easy*, is intentionally provocative. And although it plays on a stereotype about black women, it does so in an effort to help correct the problems that cause the stereotype. It also does this in the best way possible: by offering sound and practical advice about how to correct them. While the reputation of being "easy" is undoubtedly a burden for the black women who aren't out there perpetuating it with their behavior, the author of the blog is doing more good by highlighting the issue and offering solid advice than he would by ignoring it.

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Do You Really Want Dating to Be Easier?

July 9, 2013 | by Andrew | [Link](#) | [Original Link](#)

Dating isn't easy. In fact, for anyone with romantic ambitions, it is extremely difficult. There was a time where dating options were far more limited by religion, geography, social class, and family pressure. But these days, dating options are virtually limitless, and ideals about romance are pegged to ridiculous standards, both of which make it hard for people to settle down. When you consider this in light of the fact that people have such varied tastes, it isn't hard to see why it is so difficult to fall mutually in love.

The greatest victories in sports are the ones that follow a difficult comeback. We appreciate them because they are born out of unlikely circumstances, and are the result of a tremendous effort. I remember watching basketball games when I was a kid, and actually liking it when my favorite team was down by a large margin. The way I saw it, the deficit was just potential for a big comeback - maybe an unprecedented comeback, a game people would talk about for decades. While I knew that I might be witnessing a blowout, I also knew that I might be watching sports history in the making. I also knew that I wouldn't be anywhere near as excited if my team won by a large margin - it would just be too easy that way.

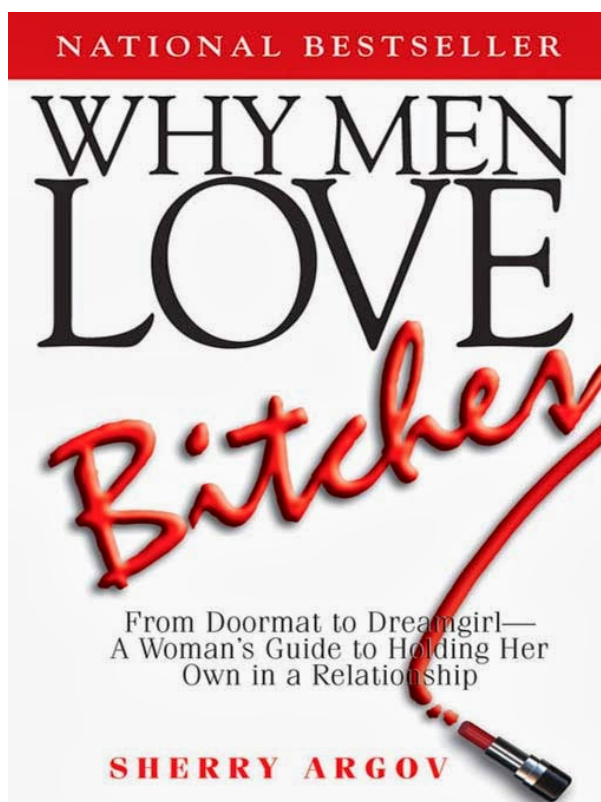
When you get frustrated at your lack of success with the opposite sex, stop for a moment and recognize that the same principle applies in your dating life. If finding a boyfriend or husband were easy, you wouldn't care much for your relationships. Every man would be replaceable, just as you would be to every man. The more you improve yourself in order to find love, or the more years you spend maturing before you can recognize it, the more unique your story will be, and the more you will value the man who marks its end.

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The Importance of Personal Boundaries

July 18, 2013 | by Andrew | [Link](#) | [Original Link](#)



A lot of girls have e-mailed me asking for my opinion of the book *Why Men Love Bitches*. I'd heard of the book a couple times outside of the blog as well, so about six months ago, after a handful of these requests, I decided to get a copy to see what it was all about. My conclusion was that the book is saying something true, but also saying it poorly.

The truth is that men are attracted to bitches, but we don't love them *because* they are bitches; we just love women that happen to be bitches. In other words, men are attracted to bitches for a quality other than their bitchiness - a quality that any woman (bitch or not) can have. A similar thing is true of women who like "assholes." They only like those men because they are also strong, or confident, or powerful. They don't like them because they are assholes, they like them in spite of their being assholes.

The book *Why Men Love Bitches* doesn't make this distinction strongly enough for my taste. It skirts around a point that many women desperately need to hear without ever directly addressing it. It plays on an attention-grabbing title, at the expense of clearly telling women the crucial point - namely, that being a bitch, in-and-of-itself, is actually very unattractive to men. My worry is that some women read the book and start being bitchy in an attempt to attract men, just like many men try to be assholes to attract women. Both strategies are dangerous because they are often partially successful, despite missing the real point.

In any case, this criticism obviously begs the question: what are "bitchy" girls doing right? If women like men who are assholes, not because they are assholes, but because they are confident or strong in some other way, then what is the analogous quality in "bitches" that attracts men? And the answer is

simple: bitchy women have strong personal boundaries.

Personal boundaries are the limits at which you "draw the line" and prevent other people from infringing on your personal world, that is, your personal rights and emotions - essentially, they are the limits of "what you will put up with." Boundaries apply in both big and small matters, and in all areas of your life: romantic, practical, physical, emotional, spiritual. Some people draw their boundaries quite close to themselves, allowing others to infringe upon their personal world dramatically, without resistance. Others draw expansive boundaries, protecting even their smallest and least significant rights and emotions relentlessly. Balancing between these two extremes is critical. But before saying more about how they play into male-female dynamics, I want to illustrate the concept with a few examples...

Example 1 – A woman is riding a busy train. There is one seat available, but a businessman is using it for his laptop bag while he works intently on his computer. The woman wants to sit down, and certainly has a right to the seat, but she will handle the situation differently depending on the strength of her boundaries. If they are very strong, she will walk up to the man and ask him politely to move his bag so that she can sit down. If she has medium boundaries, she might walk into his field of view, a little tentatively, hoping that he will take the initiative to move his bag himself – but standing if he doesn't. If she has weak boundaries, she will be too nervous about upsetting him, and will tell herself "I can just stand, it isn't that far," which is exactly what she will do.

Example 2 – A woman is asked out by a man who doesn't show up for a date, and doesn't apologize. If the woman has strong boundaries, she won't hesitate to delete his contact information, and tell him when he calls back three days later that he can go fuck himself. If the woman has medium boundaries, she will probably keep his contact info and ask him what happened, but ultimately agree to another date – despite being under-impressed with his excuse. If she has weak boundaries, the woman will probably just pretend nothing happened, assume that she must have misunderstood the plans, and maybe even apologize for the text she sent that night asking what happened (which he never answered).

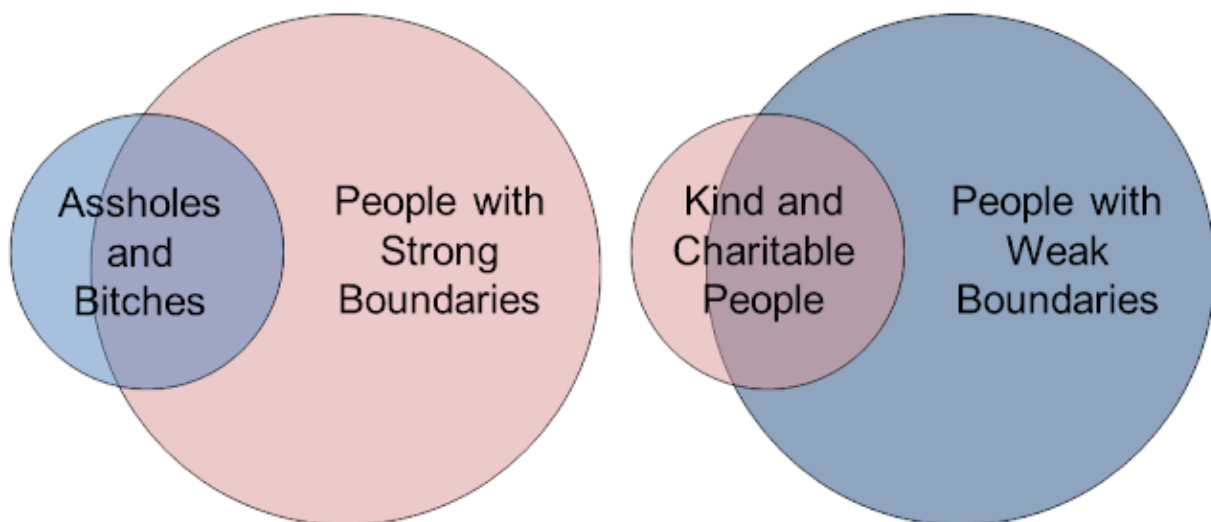
Example 3 – A girl walking down the street is asked to contribute to an organization or charity whose ideals she does not believe in. The person asking for donations is enthusiastic and persistent. If the girl has strong boundaries she will say "no" immediately, ignore the second request, and maybe even snap back "I said no!" if asked a third time. If the girl has medium boundaries she is likely to apologize and makes an excuse about not having any money on her, in order to avoid donating and compromising her beliefs. A girl with weak boundaries will first try to avoid the person asking for money altogether; but once she is asked, she will immediately give in, and actually donate a generous amount because she sees on the list that other people have done the same.

Example 4 – A girl is throwing a neon-themed party, and wants to invite a guy she has a crush on. The idea of the party is that anyone who attends has to wear all neon, and the girl knows that if she lets one person come in normal clothes, others will too, and the theme will be spoiled. Upon inviting the guy she likes, he tells her that he'd like to come, but he has nothing neon to wear, and that he has no time between now and the party to buy something. A girl with weak boundaries will immediately tell the guy that it isn't a strict requirement, and that he should just come anyway. A woman with

medium boundaries won't bend on the requirement, but she might offer to help him find some neon clothes. A woman with strong boundaries will smile, maybe throw in a wink or a nudge, and tell the guy that if he really wants to come, he will find a way to get something neon (she isn't going to let him ruin the party just because she likes him).

Often people with weak boundaries are thought of as kind or charitable, and a lot of people with strong boundaries are perceived as assholes and bitches, but these labels are inaccurate. It is perfectly possible to have strong personal boundaries without being an asshole (best illustrated in example 1, where the woman is firm, but polite), just as it is perfectly possible to have weak personal boundaries without being kind or charitable (best illustrated in example 3, where the girl gives to charity, but not for altruistic motives). Assholes and bitches are just a subset of the group of people with strong boundaries, just as kind and charitable people are just a subset of the group of people with weak boundaries.

This can be illustrated quite simply with a Venn diagram. There is some overlap between the groups, but there are plenty of people with strong boundaries outside the set of assholes, just as there are plenty of people with weak boundaries outside the set of kind people. Neither group completely encompasses the other.



Perhaps the primary way in which we judge another person's value (and I mean primary both in the sense of "main" and in the sense of chronologically first) is by evaluating what they appear to think about themselves. We do this by observing their confidence, their posture, their grooming, the way they dress, and most importantly, the way they interact with others. We form an opinion of their self-esteem and bearing.

We do this because - unless we know them extremely well - we are privy only to a limited amount of information about their capabilities, talents, and weaknesses (i.e. the things that actually define their value); so we are forced to make a second-hand judgment, an inference. But in general, this judgment is reasonably accurate, because people usually know their own strengths and weaknesses almost perfectly. This self-knowledge usually informs their level of confidence, such that the way that they carry themselves usually reflects their strengths and weaknesses reasonably well.*

Now, healthy boundaries are a sign of confidence, of someone who respects themselves, of someone

who knows their own self-worth. Weak boundaries, on the other hand, are a sign of insecurity and low self-esteem. The woman who asks the man on the train for a seat knows that she is just as good as he is, and just as deserving of the seat, so she has no inhibitions about asking (or even telling) him to move his bag. The woman who lets her date get away with not showing up thinks he is the best she can do (i.e. thinks she is below his league). She is afraid to cut him off because she doesn't want to lose him. The girl who can't say no to a donation request, and then gives more than she wanted, has such a poor self-image that she puts even a random charity worker's opinion above her own money and principles. And the girl who tells her crush not to come to the party out-of-costume does so easily because her sense of self-worth is not contingent on one man's willingness to attend a party – or even on how much he likes her.

I am saying all of this is to make a very simple but crucial point: when a man encounters a woman who has strong boundaries, he knows that she values and respects herself, and he therefore makes the reasonable inference that she is a woman of good character. Assuming she meets his minimum criteria for physical attractiveness, his attraction for her – and I am talking about the long-term kind, the kind that makes men fall in love – will skyrocket.

The opposite is also true. When a man meets a woman who lets him (or others) walk all over her boundaries, or even define them, he concludes that she doesn't respect herself, and therefore, that she must not be someone worthy of respect. Even if she is beautiful, his attraction for her will soon plummet.

In my experience, women tend to have weaker rather than stronger boundaries. My guess is that this is true because, from a young age, their boundaries are often handled by the males in their lives – a protective father or brother, suitors who believe they need to be “gentlemen,” male colleagues who suppress their sexual attraction in the office, etc. Surrounded by this behavior, women have relatively less practice than men (on average) maintaining their personal boundaries, defending their personal space, rights and emotions. As a result, they aren't as comfortable confronting someone on the train about moving his bag, or telling those who mistreat them to go fuck themselves.

It has also been my experience that the more attractive a girl is, the more likely she will be to have weak boundaries. This is a little counter-intuitive, and definitely a generalization, but I think I understand why it is the case. From a young age, beautiful women are surrounded by men who are constantly demurring, constantly meeting their needs, and giving them whatever space or compliments they need. Some women like this still manage to develop strong boundaries, and they are the ones that men would kill to be with. But most do not, because they've never had to “fight” for anything. When a woman like this comes across a man who is confident and attractive, she invariably gets banged, walked all over, then dumped. And it is largely because she doesn't show the men in her life that she is someone of value. If she were to maintain strong personal boundaries, men would see that she respected herself, and would want to trace that confidence to its root by getting to know her.

Do not underestimate the importance of this post. For what I suspect is the majority of my readers, it is probably the most important one I've written. I get e-mails all the time from beautiful women (they attach pictures), telling me that they are doing “everything right,” but that they still can't land a man. Other women e-mail me asking how they can really “hook” a guy, how they can make him look past

the sex, how they can get him to fall in love. They can attract the men they want, they just can't seem to keep to them. This post is fundamental to answering both questions.

For the girls doing “everything right”...

If you read through the posts on this blog, you will notice that many of them – some of which are linked in the *Related Posts* section, below – advocate the maintenance of strong boundaries in specific situations; but boundaries are not something that you can apply to your life only in a piece-wise fashion. This is transparent. Even if a girl doesn't fuck on the first date, a guy will know that she has poor boundaries when she accepts a date after he's admitted that he isn't looking for anything serious. Likewise, a girl who doesn't initiate contact still betrays her weak boundaries if she replies immediately to every text a guy writes her. Doing only the things I've posted about on this blog will only get you a fraction of the way to the correct disposition. This post is meant to explain the underlying principle, so that you really *can* apply it in everything.

For the girls who can attract but can't keep a man...

Boundaries are fundamental to getting past the initial attraction phase with a man. Looks only get you in the door. As I have said before, while appearances are essential in getting a guy to approach or getting him to ask you out, they are nowhere near enough to get a guy to commit for the long term. Strong boundaries are a primary and therefore critical indicator of a woman's deep, inner worth – the kind of woman that men are not only willing to commit to, but actually want to commit to. There are plenty of women out there who are attractive, but there are very few who have the substance to go with it. Sound, healthy boundaries set a woman apart from the crowd instantly.

So, yes, "men love bitches," in the sense that they love women with strong personal boundaries; but they do not love bitches because they are mean, manipulative, under-handed or have harsh personalities. Men love bitches because their personal boundaries are rooted in a self-respect that tells him more than anything else about their character and inner-value; and it is only with this kind of woman that men want to settle down.

* While of course there are plenty of exceptions, they are normally short-lived. In the long run, people who are over- or under-confident almost always run into circumstances that serve to correct their distorted self-image. Some good examples are the delusional *American Idol* contestants who are finally told by the judges (on public television) how much they suck. Similarly, a person who has no self-esteem will eventually find a talent or social niche, and realize that they really aren't as dumb or awkward as they thought.

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If a Man Talks to You, He Likes You

August 28, 2013 | by Andrew | [Link](#) | [Original Link](#)

I have made this point before, but only briefly; and as simple as the point is, it warrants further explanation.

If a man goes out of his way to interact with you, he is interested in you romantically or sexually - at least to some degree. A lot of women don't realize this, because when they approach a man (for example, to ask directions in the street), they don't do so with romantic or sexual intention. They wrongly project their own lack of intention onto the men who approach them. They think "When I approach a man, I don't have romantic or sexual motives; so this guy asking me for directions has no ulterior motives." But they are wrong.

If you are skeptical about this, consider that the same phenomenon is manifested in men. Men always "get the wrong idea" when a woman responds to their texts, or engages them in conversation in a bar, or doesn't spit on them and walk off when they ask her for directions. The truth may be that the girl is just being polite, or that she genuinely believes the guy just needs directions, but the man projects his own intentions onto her. He thinks "When I talk to a woman even for casual reasons, it is because I like her. This woman is talking to me, so she must like me."

Yes, of course, there are exceptions to this rule. Sometimes a guy genuinely needs directions, or really is just talking to you to kill time at the bus station. But the point is that these exceptions are far rarer than you think. In fact, the exceptions are so rare that you are better off always assuming that men who approach you are interested than you are questioning it each time. In the rare instances that a man isn't interested, you have nothing to lose by assuming that he is; and the increased confidence you'll have knowing that he is into you will help you to be your best self in his presence, which will attract him further.

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On Being a "Typical" Girl

September 7, 2013 | by Andrew | [Link](#) | [Original Link](#)

I always cringe when I hear girls talk about a situation with a guy they like (or are dating), and they end with something like "...of course I am over-analyzing the situation, like a typical girl." On the most recent occasion, which prompted me to write this post, a girl that I know was causally sleeping with a guy who would sometimes be affectionate and boyfriend-like, but at other times would seem completely disinterested. She explained this to me, and ended her narrative with the line I quoted above.

There are three things that bother me about this comment whenever I hear it. The first is that it is an expression of voluntary ignorance. It can be roughly translated to mean:

"Something feels wrong about my relationship, but the right thing for me to do is sit back and ignore my feeling of discontent. Silence and time will make me realize that there really is no problem – aside my own anxious and emotionally-driven behavior."

However, the glaringly obvious reality in these situations is that there is a very legitimate problem that needs to be addressed – or at least admitted. In most instances, the problem is that the guy is less interested in the girl than she wants him to be. The guy's behavior betrays this in subtle (and sometimes not-so-subtle) ways, the perception of which the girl is trying to sweep under the carpet. The action of categorically blaming "typical" female tendencies is actually just a psychological reflex or excuse, designed to postpone the inevitable pain that will come with rejection.

The second problem is a more serious one: by calling herself a "typical girl," with negative connotations, a woman is categorically insulting her own sex. The obvious implication is "women are all idiots because we stress out about men too much, are overly-emotional, and can't think reasonably about our relationships." Not only is this not true (see below), but it is self-deprecating. Talking badly about yourself – let alone your whole sex – is always a bad policy. It is never necessary, and it demonstrates a lack of confidence that is hugely unattractive. Even if being a "typical girl" were obviously a bad thing, voluntarily drawing attention to it (or any associated behavior) would be a bad move.

The third problem, which is the most serious, is that a woman who dismisses her feelings by calling herself a "typical girl" has no confidence in her emotions. Of course, it doesn't help that when a woman voices her feelings about a problem in a relationship, men will often tell her that she needs to "chill out," or "stop being so emotional," or even that she should "stop being such a girl." But listening to and agreeing with a man who says this kind of thing – especially one with a vested interest in winning the argument or discussion – is nothing short of spineless. You have feelings, and your feelings tell you that something is wrong. They are legitimate feelings; you have them for a reason. Yet the second someone tells you that you need to stop being so emotional (and sometimes even without being prompted), you immediately doubt everything you feel, apparently convinced that there is something wrong with you for feeling the way you do. And then you actually verbalize that conviction, going as far as to insult your whole sex by blaming it on your womanhood. It is the ultimate expression of self-doubt.

Imagine if men did the equivalent. Imagine if your boyfriend came to you with a logical and well-expressed concern about the way things were going in the relationship. Then imagine if you, in response, flared up with emotion and screamed at him, telling him that he was being too logical and needed to *feel* more – that he needed to stop thinking so much. Maybe you would throw something at him while screaming this, just to add emphasis. He would stop and think for a moment, then agree, and then say something like “Yeah... yeah, I mean... I guess you’re right. I guess I am just being a typical guy... I really need to stop rationalizing everything.” Then he’d walk away - a bit puzzled, but ultimately convinced, and wondering how he could go about becoming more emotional.

Yeah, exactly – it would be absurd.

But this is precisely what goes on when a woman calls into question her primary tool for navigating relationships - that is, her intuition and emotions. A man is more rationally-focused, more logical in his approach to relationships; but this doesn't make him more right. We live in a world where Reason and Logic are increasingly championed as the only legitimate sources of knowledge. A few hundred years ago, this was chiefly a western error, one that we now refer to as “The Enlightenment.” But the influence of that movement is slowly propagating across the world, and destroying in its wake all confidence in emotional and intuitive knowledge – women’s strengths. In fact, it wouldn't be an exaggeration to say that The Enlightenment induced Feminism, which could only thrive in a society that managed to convince itself that there was something inherently better about the masculine ways of operating in the world and understanding it - in other words, doing so via logic and reason rather via intuition and feeling.

I guess what I am getting at here is that the modern philosophical trends aren't on a woman's side when her feelings about a relationship are called into question – but that doesn't mean that those feelings are wrong. Likewise, a man who only wants to continue having sex with you isn't exactly going to affirm the emotions telling you that something is off; but that in no way undermines their legitimacy. Just because outside sources are telling you that your feelings are whimsical doesn't mean that you should second-guess yourself.

The next time you feel something inside of you sink at the attitude of a guy's text-message, don't doubt that feeling just because he asks you “what's wrong?” and you struggle to pinpoint it. Believe your feelings. Have confidence in your intuition. Similarly, the next time you feel undesired because your boyfriend is spending more time with his friends than he's spending with you, don't call that feeling into question just because he coldly and “logically” argues that he would be a bad friend if he spent less time with them. Trust your emotions. You wouldn't feel bad about the situation if there was nothing wrong about it. (For example, in this situation the problem is probably that you want a man who loves you enough that he is at least *tempted* to ignore his friends for you, which he clearly is not.)

So to conclude: be vulnerable in acknowledging the reality of your relationships. Even if you struggle with this, stop talking down on your own sex by stereotyping your reluctance to face the truth as “typical.” Most importantly, stop undermining the legitimacy of your feelings by backing down every time they are questioned, or even mistrusting them yourself. Don't be shy about using your emotions and intuition to navigate your relationships; they are legitimate sources of knowledge, and they are

your unique strengths as a woman: be proud of them.

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Why Men Are Capable of Commitment

September 29, 2013 | by Andrew | [Link](#) | [Original Link](#)

I've pointed out some things about the male attitude towards relationships that - considered by themselves - might make women despair of the possibility of a real or lasting relationship (two posts that come to mind are [Men and Sexual Variety](#) and [Men Don't Have Commitment Problems](#)). But they only represent part of the story...

I remember a conversation that I had with an ex-girlfriend a few years ago about our fears in relationships. I told her that mine was to wake up one day, ten or twenty years into a marriage, and no longer want to be with my wife. Of course I'd only thought about the situation from the perspective of sexual attraction, and so had unsurprisingly developed the fear that I would grow bored or tired of her after she lost her beauty.

"Yeah, I see what you mean..." she agreed - but she continued, "I guess I've always just figured that the more time you spend with someone, the more you'll have invested in them. You'll have more shared experiences, more history - more memories. You'll know each other's habits, likes, dislikes, routines and quirks so much better than any new person's, that the temptation to leave won't really be that strong. You'd have to throw away everything and start again."

She was right. And I realized right then that my perspective on that hypothetical situation - and on relationships in general - was missing a huge piece of the puzzle. I was ignoring completely the phenomenon of attachment she described. I'd considered only lust and romantic love, the two early phases of relationships, and I'd lacked the experience or foresight to recognize that the situation I feared wasn't realistic.

More importantly, I realized that choosing someone to marry wasn't so much a matter of taking a gamble on the best girl possible as it was a choice of a girl to start to build a life with. In other words, the strength of the resulting relationship wasn't merely a function of the quality of the girl I would choose; much more important would be the life we'd live together - even if it wasn't perfect. By simply choosing to bind our lives together, we would be choosing to invest ourselves in each other; and before long, that investment would outweigh the greater sexual attraction of some hotter girl, or the excitement of sexual novelty.

Now, this isn't a particularly male phenomenon, but it is important for women to know that it isn't a particularly female phenomenon either. It happens to men too. So in the same way that I don't need to fear waking up twenty years from now and finding myself looking for a new wife, neither do you need to worry about your man doing it - assuming, of course, that you are both people of good-will, who are willing to work to maintain a good relationship. Even if he isn't aware of the phenomenon, it will affect him - just as it would have affected me even if I'd never had that conversation with my ex girlfriend.

The mistake I made in thinking about my future relationship is one that plagues young Americans' attitudes towards marriage. It is the reason that couples feel the need to live together before getting

married, and stress out so much about choosing a partner. If these fears were rooted in reality, no relationship would succeed. There is always a hotter, richer or more-compatible partner out there; finding them isn't a prerequisite for a happy marriage, and you aren't going to renounce your vows just because you encounter them after marrying someone else. Your partner will always have the advantage of the time you've spent together and the relationship you've built.

It is also worth pointing out that this phenomenon is the main reason why you shouldn't linger in relationships that are stagnant or half-hearted. In doing so, you are investing yourself emotionally, and - despite the shortcomings of the relationship - that investment will make a break-up much more difficult.

In any case, I am writing this post because I was reminded of the whole concept a few hours ago, while listening to the lyrics of a new Dierks Bentley song, *I Hold On*, which is written to his wife. It's a great song, and one that I think is particularly poignant coming from a man:

If you can't watch the video, here are the words:

*It's just an old beat up truck, some say that I should trade up
Now that I got some jangle in my pocket
But what they don't understand is it's the miles that make a man
I wouldn't trade that thing in for a rocket
What they don't know is my dad and me, we drove her out to Tennessee
And she's still here now he's gone*

So I hold on...

*It's just an old beat up box, its rusty strings across the top
It probably don't look like much to you
But these dents and scratches in the wood, yeah that's what makes it sound so good
To me it's better than brand new
You see this here flat top guitar, has had my back in a million bars
Singing every country song*

So I hold on...

*To the things, I believe in
My faith, your love, our freedom
To the things I can count on
To keep me going strong
Yeah I hold on... I hold on...*

*Like the stripes to the flag, like a boy to his dad
I cant change who I am, right or wrong
So I hold on...*

*Yeah baby lookin' at you right now, there ain't never been no doubt
Without you I'd be nothing
So if you ever worry about... me walkin' out
Yeah let me tell you something...*

| *I hold on...*

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Update

October 31, 2013 | by Andrew | [Link](#) | [Original Link](#)

I am sure that regular readers have noticed I have been posting and commenting less on this blog in recent months. I've been commenting less mainly because the comment volume has long since surpassed my ability to read and reply. The same is true for the e-mails I receive, but I have been trying to briefly answering a few of those each day. If you sent me an e-mail that I didn't reply to, it is probably because it wasn't short enough, because I already have a post about your question, or because I received it on a very busy day.

I have been posting new material less for three reasons:

1. I have a much busier schedule than I had six months ago, when I was posting weekly.
2. The things I think about these days (which are the things I post about) are more difficult topics that require more time to get on paper. Compare, for example, my recent posts to the ones about wearing heels or matching your underwear.
3. I am working on a book, which has been taking most of the free time that I have for writing. In fact, just last night I wrote a great post titled "Why Your Ex (Who Dumped You) Is Still Contacting You," but I plan to use it as a chapter in the book. I will make a separate post with more details about this later.

Anyway, I am still here, and still working, but in the background. Hang in there - I still have a lot to say.

If you don't want to keep checking back for new posts, you can receive a notification the next time I write something. Just enter your e-mail address in the "Follow By E-mail" box, which is about halfway down the left side-bar. Or you can follow the blog on Twitter, where I always announce new posts, and sometimes also share a quick thought about relationships, or a link to a relevant post.

In the meantime, I encourage you to read through the older posts that you haven't explored yet. I do notice (via the blog traffic statistics) that when I take a break from posting, readers start to explore older posts. And I think that is important from time to time, because a lot of the material on here is best understood in the context of the other ideas on the blog.

- Andrew

How "Hard to Get" Should You Play?

November 27, 2013 | by Andrew | [Link](#) | [Original Link](#)

Every woman has been advised at one time or another that she can increase her attractiveness to a man by showing him less interest, that is, by playing "hard to get." Most people don't disagree with this advice, at least not completely; they understand that there is a psychological mechanism by which people tend to want what they can't have. But there is plenty of disagreement about the degree to which this tactic should be applied. A lot of girls obsess over how to strike a balance between "too easy" and "too hard to get." They analyze text messages, scrutinize their response times, stress out about when is the right time to sleep with a guy, or wonder if they will lose their chance with a guy off by not making a move themselves.

The reality is that there isn't any strict rule about how "hard to get" you need to play. Or rather, it varies for each girl and in each situation. Some girls need to apply it more than others. There are girls that immediately cling to any interested guy that meets their minimum requirements, and these girls could benefit quite a bit by showing some self-restraint. On the other end of the spectrum, there are girls with colder dispositions that would dissuade even the most persistent men by playing any harder-to-get than they already do. How hard-to-get you should play also depends on the guy in each situation. More persistent men will push through a higher amount of resistance, while those with a lot of options or lower degree of interest in a girl will be more easily deterred. You could drive yourself crazy trying to figure out where exactly along each spectrum you and he lie, and how to calibrate your behavior accordingly.

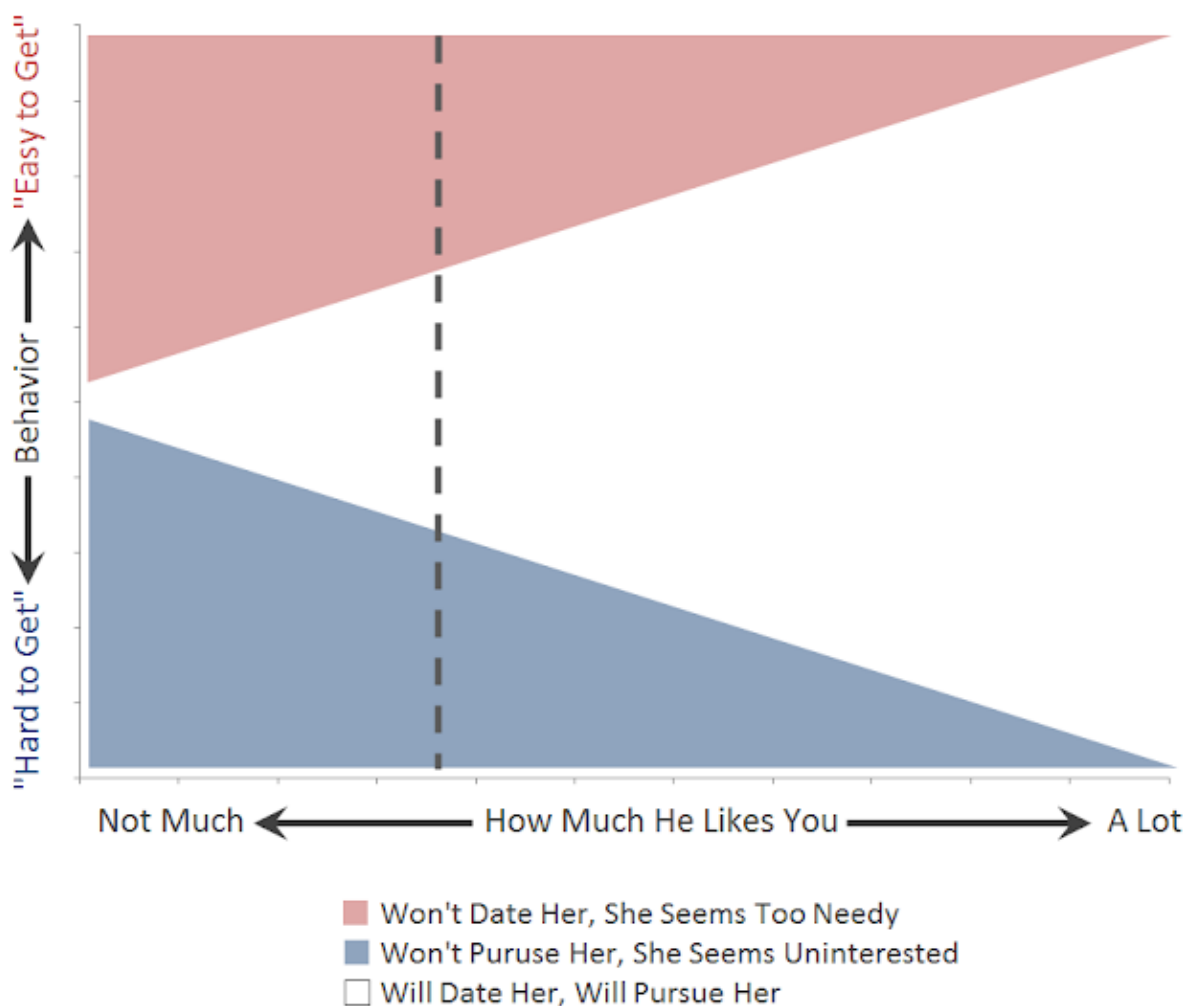
The good news, and the main point I want to make here, is that you really shouldn't over-think this. If a guy is interested in you, there is a wide margin between the behaviors that will make him think of you as "needy" and "uninterested." It will be incredibly difficult to change his interest in you by small things like agreeing too readily to a date, or being too enthusiastic in your texts. As long as you are agreeing to go out with him and not acting bored when you spend time together, you are showing more than enough interest to avoid discouraging the average guy. And as long as you aren't asking him out all the time, or initiating contact with him regularly, you aren't going to appear needy enough to turn him off.

Now, if a guy isn't that interested in you, the thresholds for "needy" and "uninterested" will be closer together, and smaller "mistakes" might cause him to change his mind about you. The girls that obsess over their behavior or the content of their text messages are usually dealing with a guy like this. In fact, his nonchalance about the relationship is usually what drives this hyper-awareness in the first place. The mistake these girls make is to think that their behavior that is responsible for the guy's decision to stop seeing them. While this is true in the limited sense that their behavior triggers the guy's decision, the reality is that his lack of interest was making it next to impossible *not* to trigger that decision.

Think about it this way: if a guy can be turned off just because you use the wrong adjective in a text, or sleep with him a couple dates too late or soon, or do some other small thing "wrong," then there isn't enough attraction there to sustain a relationship anyway. It was a losing battle from the outset. If

the guy doesn't like you enough that you can behave naturally, then he doesn't like you enough for a relationship to last. There is no way you can perpetually guard every word and action around him, or control every emotional impulse forever; at some point you need to be able to relax and be yourself, and he needs to like what he sees when you do so. If you are in a situation where you are stressing out about what to do or say around a guy, your problem isn't your inability to know how to act, or your inability to calibrate your behavior, it is your inability to be comfortable with rejection.

This phenomenon can be illustrated with a simple plot, as shown below. The whole point is that it isn't worth spending your time in a dating situation that falls to the left of the dotted line. If you do, there won't be enough leeway between "needy" and "uninterested" behavior to allow you to be yourself in the relationship. In order to avoid the (red or blue) "no date" zones, you'll have to be constantly guarding your behavior in the same obsessed way that you are right now, as you attempt to get into or hold on to the relationship that is causing you so much stress. Where exactly the dotted line falls is something you need to decide for yourself; but you need to recognize that a limit exists. Until you do, you are going to give yourself a lot of grey hairs - and have nothing to show for it in the end.



Incidentally, guys make the same mistake all the time in their attempt to attract girls. It is particularly evident when you watch guys trying to figure out how to approach and pick girls up. If you could see how obsessively men try to figure out the right thing to say to a girl, or the best way (or time) to

approach her, you would know exactly what I mean.* Men are constantly over-analyzing these things. What many men don't realize, is that if they need to force their behavior into a tiny, perfect mold in order to attract a girl, then they aren't going to be able to hold onto her for very long. The act can't be maintained forever; eventually they will need to relax and behave naturally, at which point the tailored personality that attracted her will disappear, and so will she.

In light of all of this, the goal - for men and women - should be to work at self-improvement slowly and steadily - in the long-term, but to relax and be themselves with the opposite sex in the moment. So if you are finding yourself constantly calculating your next "move" in a relationship, or watching your words too much, recognize that you are probably fighting a losing battle. Take a deep breath, relax, and focus instead on making yourself vulnerable to the possibility of rejection. Remember, sometimes it is a good thing.

* In fact, you can see this if you just do a Google search for "pick up artist" or "approach anxiety" and read the uncountable number of websites, blogs and books that have been written in an effort to perfect these things. In fact, I am convinced that men freak out about this stuff way more than women do. Perhaps this is because the pressure is on us to make the first move, but the obsession is still there.

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There Is Nothing Modest About Loose Jeans

February 20, 2014 | by Andrew | [Link](#) | [Original Link](#)

Every now and then I meet or see a girl wearing loose jeans. By "loose" I don't mean that the crotch is sagging around her knees, I just mean that there are places on her hips, ass and upper legs where the fabric is not touching her skin. I suspect that girls do this for one of three reasons:



- (a) They think their figure isn't attractive enough to wear tight jeans.
- (b) They think that tight jeans are immodest.
- (c) They don't care about their appearance and loose jeans are more comfortable.

I realize I won't convince group (c) of anything, so I am only going to address (a) and (b). Let's start with group (a)...

No matter how fat you are, or how badly your ass is shaped, loose jeans make it look worse. Tight jeans might not make your ass or legs look good, but loose jeans will make you look like a man.

As for the group concerned with modesty: you need a reality check. Tight jeans are not provocative; they are normal. Despite what your parents probably raised you to believe, modesty is not something objective. What looks "appropriate" or "slutty" or "conservative" changes significantly depending on two things: context and social norms.

If you were to walk down the street of your city in a bikini in the middle of winter it would shock people and look slutty. Any man who saw it would be turned on. But on the beach, bikinis are normal. Men are much less turned on by them because they are expected. They don't look slutty at all. This is what I mean by context.

In Victorian times, swimsuits were less-revealing than most women's dresses are today. Today, swimsuits are more revealing than most women's underwear in Victorian times. Dress-like swimsuits didn't seem slutty or over-conservative in Victorian times, and neither do bikinis today. This is what I mean by social norms.

Here is the thing: modesty isn't a function of the quantity of skin you show, or the tightness of the clothes you wear; it is defined by how much your outfit makes men (or people in general) think that sex with you is imminent. The more you incite in men the thought that they can bang you easily, the less modest your outfit is. This is why short dresses are so much more sexual than pants. Men see you in a short dress and part of their subconscious recognizes that your vagina is essentially exposed (i.e. from the bottom). Sex seems much more accessible and immediate because there is only one thin layer of clothing covering the most sexually intimate part of your body.



But the threshold for triggering a man's thoughts of sexual proximity - the criterion for immodesty - is entirely relative to social norms and context. The man on the beach doesn't think sex is imminent when he sees you wearing a bikini, because every woman on the beach is wearing in a bikini, and he knows it is for swimming or sunbathing. But in 1910, if a man saw a woman on the beach in a bikini, he'd be sure that she was a woman of loose morals - and he'd probably be right.

Anyway, the point here is that wearing tight jeans in everyday American life is about as shocking as wearing a bikini on the beach in 2014. And wearing loose jeans in everyday American life is far more similar than you think to wearing a Victorian bathing costume to a Las Vegas pool party. Perhaps more importantly, when you use your clothes rather than your behavior to be modest, you are far more similar than you think to the girls who use their clothes rather than their behavior to get sexual attention. Don't be so sure that you are more intelligent just because you made the mistake about modesty rather than sexuality.

Is there an opposite extreme, where tight jeans start to look like a bikini on a Victorian-era beach (i.e. slutty)? Yeah, probably, but that's not the point - there are always excesses on both extremes. Today I happen to be calling out the conservatives.

So remember: wearing loose jeans doesn't avoid the wrong kind of attention; it just makes you look

terrible.

Related Posts

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6 Ways Men Mask Their Indifference

February 24, 2014 | by Andrew | [Link](#) | [Original Link](#)

Whenever you are dating or seeing a guy, and there is some kind of external impediment to a normal relationship (or to the normal progress of a relationship), be skeptical of what "feels" true. By external impediment, I mean some factor outside the relationship that is making things between you difficult or impossible. You can scan the headings below to get an idea of what I mean. A man's affection in these situations will sometimes feel very much like the real thing, when the truth is that he is only allowing himself to fully express his feelings - or even slightly exaggerate them - because he knows that he is engaging in an impossible (or terminal) relationship. In other words, he will indulge in the relationship because he knows that he has an "out," and commitment will never be demanded of him.

Some men will do this in a manipulative way: they will consciously acknowledge to themselves that the relationship is a dead end, but act like everything is fine in order to continue in a fun or exciting or comfortable situation. More commonly, however, men will simply enjoy the relationship or the interaction with you, and will sub-consciously allow themselves to be more free with their affections or emotions or compliments, because they know in the back of their mind that they will never be forced to prove them by committing to you.

This isn't always the case, and your intuition is probably a strong guide in judging whether it applies in your case; but that intuition will be stronger still after understanding that this kind of behavior is a possibility, and recognizing the following ways in which this phenomenon can manifest itself:

1. Long Distance

This is probably the most common one. When a man is in another city or country, the pressure is off. He might not be cheating, but he is automatically expected to see you less, call you less, and generally be less involved in your life. Even though there is no impediment to him calling frequently, as he would if he were living down the street, it isn't expected of him. I've never been in a long distance relationship, but a few times I've kept in touch (for several months) with girls that I've met while traveling, so I know what this freedom feels like, and how low-investment those relationships are. The fact is that, if you are in different cities, you aren't on his mind anywhere near as much as you would be otherwise. When you are in the same place as a man, you occupy his thoughts frequently because there is always a possibility that you will be able to see each other soon. He is constantly entertaining this possibility in his mind, weighing it against other options. Even if you don't see each other as much as you'd like, he is still forced to think about that possibility (and therefore you) far more often. You are much more immediate to him. But when you are dating long-distance, there is no possibility to be together, and he mentally "shelves" you - that is, he makes you less of a priority in his life - because he knows that physical intimacy is not possible (and I don't only mean sexual intimacy). So a man in a long-distance relationship can put in far less effort to maintain the same level of commitment from you.

2. Technology

By technology I mean cell phones, text messaging, e-mail, etc. While these might seem to be

facilitators of a relationship (as they make communication easier), they can often be exactly the opposite. Technology diminishes the amount of personal interaction that we have when we communicate, and, perhaps more importantly, allows us to multi-task. A guy can chat with you online every day, sometimes for hours, but because he is bored at work, while you are thinking "He texts me all the time even though he is busy at work." One time a girl thought I was falling in love with her because I called her almost every day for a couple weeks while I was driving home from work. The reality was that I just enjoyed talking to her and flirting, and I had nothing else to do during my commute. By the time I realized how much she'd read into it, it was too late. In extreme instances, a guy could be texting you from another woman's bed. Even if he doesn't multi-task like this, and uses his free time to contact you via chat or phone or video, it is less valuable than it is if you see him in person. If a guy spends an hour with you on video-chatting, for example, he only needs to be in front of his computer (or these days, his smartphone) in order to do it. In order to spend time with you in person, he would have to shower and get changed, travel to be with you, allow extra time for uncertainties like traffic or a change of plans, and then commute back. That one hour would be effectively two or three by the end of it. So interpret anything less than in-person one-on-one time with the caution it deserves.

3. His Relationship

Married men who are cheating on their wives, or guys who flirt with you even though they have a girlfriend, will never have to demonstrate how willing they are to commit to you. They can always hide behind their inability to leave their current woman. Judging from the e-mails I get, it is fairly common for men in marriages to profess their love to a mistress, but simultaneously claim that their hands are tied: "I would do anything for you, you know that - but I have a family; I can't just leave them." Getting involved with married men is a bad idea for many reasons, but this is an important one. He can continue to have the benefits of a secret relationship, always blaming his lack of intimacy on the fact that he is married and has a family, when the truth is that he wouldn't enter a serious relationship with you even if he were single. More commonly, a guy with a girlfriend might flirt with you and get your hopes up, when the reality is that he wouldn't want to be your boyfriend even if he were single; and it is precisely the knowledge that he can't be your boyfriend that gives him the liberty to engage in flirting with you.

4. Your Relationship

You might be dating a guy that you are only semi-enthusiastic about, or thinking about breaking up with. Or perhaps you are married but unhappy. And there is a hot, single guy in your life that gives you a lot of attention. In fact, you are sure that if you weren't tied up, he'd be all over you. Think again. Men often allow themselves to enjoy the flirting, the sexual tension, the affirmation of your attraction and all the other makings of a courtship when they know that there is no pressure on them to follow through. They might not be attracted to you enough to make a move, but they will allow themselves to engage in the fun parts of the exchange because they know they will never have to. This is essentially the same mechanism as described in the previous point, except that it is a little more risky for the man, in the sense that he isn't in control of whether or not you end the relationship that is "preventing" something from happening between you and him.

5. Academic Degrees or Careers

I am sure some readers have been told "I love you, but I can't get engaged now; I need to graduate

first." This might be true, but evaluate that statement with a heavy degree of cynicism. He could truly feel the need to get a piece of paper before making a commitment, or he could be uncertain about making a commitment to you at all and using his education as an excuse. Are you willing to wait until he graduates only to find out that he actually isn't as serious about you as you thought, or that he wants to "spend some time on his own" before he can commit to a future with you? The same kind of thing can be said about getting a promotion at work, or achieving financial stability (whatever that means), or buying a house. It all has potential to be bullshit.

6. Religious or Cultural Differences

Maybe your guy has told you that he "can't marry a non-Indian girl" (and you are American) or "I can't marry a non-Jewish girl" (and you are Catholic). While both of these might be perfectly true, men will often acknowledge their cultural or religious limitations and still continue to date you. I know plenty of guys who have done this, and the women simply hold on, thinking that maybe he will change his mind. Especially when it comes to culture and religion, you should take these men at their word: the relationship is a dead end. While there are a few Romeo and Juliet stories in the world, they tend to be played out only when both parties have little else in life to lose, not by people with comfortable lives and limitations imposed by cultures or creeds that they don't actually engage in or practice anyway. If you are trying (for example) to get a Hindu Indian doctor from a wealthy family to marry you, when you are a dark-skinned Muslim without an advanced degree, and his family has "expectations" about who he will marry, you are fighting a losing battle against unreasonable prejudice: give up and cut your losses.

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1. Men Don't Have Commitment Problems
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The Economics of Sex

March 9, 2014 | by Andrew | [Link](#) | [Original Link](#)

A reader recently [posted a link](#) to a video that captures, in extremely clear terms, a phenomenon that has been implicit (and at times, explicit) in everything I write on this blog. It is a video that discusses sexual economics, and more importantly, their implications for dating and relationships. Here it is:

I cannot recommend this video highly enough. Especially for anyone encountering this blog or its ideas for the first time, it gives an important insight into one of the biggest differences between men and women in dating and relationships (I believe bigger ones exist, but this is a great starting point for discovering them). Even regular readers can benefit by watching this video, because it articulates clearly and concisely ideas that are well-worth solidifying in your mind; and hearing them in such clear and concise terms will do exactly that.



SEXUAL MARKETPLACE



COMMITMENT MARKETPLACE

With that said, I do want to point out two minor disagreements I have with the video, though I only feel the need to do so because I agree so completely with the rest:

(a) I think the video focuses too much on the pill as the source of the disparity between supply and demand, rather than on certain philosophical undercurrents in Western society, or mans' access to pornography - both of which are at least as responsible (if not more so) for the phenomena the video describes.

(b) It suggests that "affirming desirability" is a sexual motivation for women, but not for men (1:28). This is simply untrue. Yes, men bang women because an orgasm feels better in a vagina than in their hand; but a big part of that "better feeling" is actually pride: it is either the satisfaction of the woman's affirmation, or the affirmation from their guy friends upon sharing the story with them. I do, however, agree with their point that women tend to be motivated by the intimacy of sex more than men; and as I've suggested before, I also think that feeling desired is a greater sexual motivation for women than it is for men.* So I don't think this criticism detracts from the video's larger point that

men and women have different motivations for sex.

To give credit where credit is due, the video was made by the [Austin Institute for The Study of Family and Culture](#). I don't know anything more about their organization than what they have written on their "About Us" page, but I also don't care. I am just glad someone made the video.

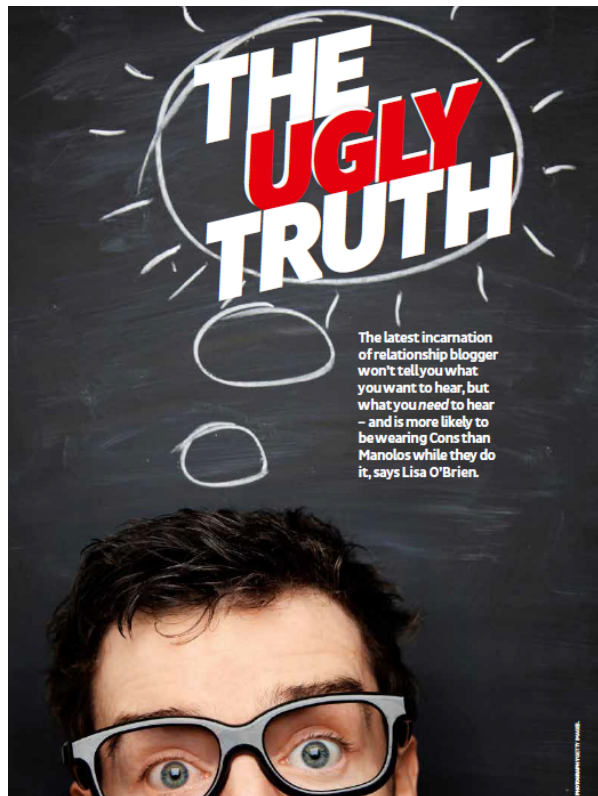
* I don't think this is because women are more emotionally needy than men (as one might infer). I am convinced that it is because men are more desirous of carnal sexual pleasure. So as a woman, there is simply more sexual desire to be received.

Related Posts

1. [The Analogy Between Sex and Commitment](#)
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CLEO Magazine Interview

March 20, 2014 | by Andrew | [Link](#) | [Original Link](#)



I was contacted a few months ago by an editor from the Australian women's magazine, CLEO, asking if I could answer a few questions for an article that would be in their March 2014 issue. I agreed, and we exchanged the questions by e-mail.

In the end, my answers were quoted considerably in the article, as was the post Men Don't Fall in Love the Same Way Women Do. The editor was kind enough to send me a hard copy of the magazine, as well as an electronic copy of the article, so I've included it in full as images in this post (you can click on the images to enlarge them, or open them in a new tab or window to zoom in and read the text).

Not all of the interview was quoted, of course, but as it touched on some interesting points about men and women, and gives a nice "meta" view of the blog, I thought it might be of general interest. The full text of the interview follows.

1. How did 'The Rules Revisited' come about?

I'd say *The Rules Revisited* was conceived out of the convergence of three factors in my life. The first was the process that I went through myself in learning how to attract women. This started soon after I graduated from college, and in many ways is still on-going; but it showed me that self-improvement is a very real possibility – even for someone like me, who at first felt utterly powerless with the opposite sex. The second was my love of writing and the need for a substantial way to exercise it. Initially I considered starting a blog for men, but most of the ideas that I found engaging and useful

had already been pretty well articulated by others. The third factor was the recognition that, in spite of there being this vast network of men producing material to help each other improve their chances with women, there really wasn't anything out there for women trying to improve their chances with men. It felt a bit one-sided, especially because I knew from my own dating experience how badly the advice was needed. With that realization, the concept of the blog was obvious, and I immediately sat down to write the first few posts. I haven't stopped since.

2. Your advice is quite blunt and to-the-point – what was the initial response like from readers?

It was very positive, actually. To this date, I've never received a single complaint about the tone of the blog being too harsh or too blunt; but I've received hundreds of e-mails from readers expressing their appreciation for the bluntness specifically. In hindsight this doesn't surprise me. Women today are absolutely starved of honesty. Less attractive women are constantly told that "inner beauty is all that matters" (yet their experience tells them exactly the opposite), while more attractive women are plagued by the insincerity of men trying to get them into bed, or being transparently nice to them just because they are pretty. If a girl asks a male friend for dating advice, she knows that it is liable to be skewed by his attraction to her; and her girlfriends can sometimes be too nice, or even jealous. The tone of the blog was never something premeditated; it is just the way I think and write. But I understand why it is appreciated.

First up: a confession. When I started researching this story, my attitude could best be described as 'pfft'. What could any of these dudes teach me about dating that I didn't already know? Come on, I work in mags, have had relationships spanning everything from six minutes to six years, and can quote most *Sex And The City* episodes word for word – I am pretty much Carrie Bradshaw (minus the neuroses and ridiculous shoe obsession).

But then I read one of these blogs. And another. And another. All of a sudden I wasn't feeling so confident about my knowledge of the male species. Posts about why men stop calling cut particularly close to the bone, as the guy I'd been seeing had recently done a disappearing act. While my friends reassured me, "He's probably just been really busy," Andrew from US blog *The Rules Revisited* (therulesrevisited.com) had a different take: "he's lost interest". Harsh, but true.

explains psychologist Dr Joann Lukins from Peak Performance Psychology.

"So if a friend is telling us about her break-up, a female friend may spend time asking her, 'How are you feeling? What did you feel when he said that to you? Did that upset you?' A male friend is more likely to travel down the problem-focused advice line: 'What will you do next? Do you need help moving your stuff out? Are you sleeping?'"

But this female focus on emotions and feelings (coupled with our love of a chat over a vino or three) could be holding us back.

"Women are much more interactive, social and emotional thinkers, so they bounce ideas or situations off a number of different friends before drawing any conclusions," says Andrew.

"This gives women this incredible ability to capture the big picture and keep all of the various aspects of a relationship in the proper perspective, but I think they sometimes lack the depth of insight into specific problems that's needed to really fix what's wrong. So a woman might have 17 discussions with various friends about her dating life, and learn valuable things in the process, but never pinpoint that it's her OTT perfume turning men off, or her living situation that is preventing her from meeting new guys."

Tales from the males

Welcome to the no-BS world of relationship blogging in 2014. This isn't guys writing for guys à la Neil Strauss in best-selling book *The Game* or girls writing just for girls like Ellen Fein and Sherrie Schneider in dating bible *The Rules*. This is guys writing for girls, passing on all the things they wish they could tell us but never have... until now.

"I've dated countless women and it has always amazed me how little they know about men," starts the intro to Andrew's blog. "If nothing else, this blog is an outlet for voicing my astonishment at the typical female's ignorance of the male mindset. At most, it is a reliable source of information for women who want to improve their chances with the opposite sex."

Andrew's not the only one taking this rather, err, blunt path. For those of us who've grown up on a steady diet of Carrie's contemplative musings, it's a bit of a shock to discover that the new catchphrase du jour for relationship advice is more likely to be "DTMFA" ("Dump the motherf*cker, already") than "I couldn't help but wonder..."

DTMFA is courtesy of US relationship columnist Dan Savage, who has been dispensing no-nonsense advice for the past eight years in *Savage Love* (thestranger.com), his column for a Seattle newspaper that attracts thousands of readers each week. "Frequency is not a problem that improves with

time... You know what else doesn't improve with time? Assholery," he told one reader recently who asked about mismatched libidos. And when another, whose boyfriend wouldn't agree to an STI test before they stopped using condoms, asked, "What do you say to someone who conflates a request for STI testing with a lack of trust?", Dan's response was simple: "Bye."

While Savage's column isn't written exclusively for women, he was one of the first to adopt this no-holds-barred take on relationships that has since been replicated by countless others. Far from putting people off, Andrew says most of his readers actually respond positively to his frank approach.

"I've never received a single complaint about the tone of the blog being too harsh or too blunt, but I've received hundreds of emails from readers expressing their appreciation for the

because it's exactly the type of reaction you expect when you're giving advice that's somewhat counter-cultural, yet true."

Is honesty the best policy?

According to the experts, one of the reasons these blogs are taking the place of Ryan Gosling memes on RSS feeds everywhere is women are tired of dealing with dating and relationship advice that's littered with mixed messages and influenced by ulterior motives.

"Women today are absolutely starved of honesty," Andrew explains. "Less attractive women are constantly told that inner beauty is all that matters – yet their experience tells them exactly the opposite – while more attractive women are plagued by the

insecurity of men trying to get them into bed, or being transparently nice to them just because they're pretty. If a girl

asks a male friend for dating advice, she knows it is liable to be skewed by his attraction to her, and her girlfriends can sometimes be too nice, or even jealous."

If it's just a matter of being honest, though, why do we need guys to tell us the truth? Why can't we just man up, so to speak, and give it to each other straight? It may be because of differences in how men and women share advice and coping strategies.

"Research suggests women often turn first to emotion-focused coping,"

"WOMEN ARE TIRED OF DEALING WITH RELATIONSHIP ADVICE THAT'S LITTERED WITH MIXED MESSAGES."

Sometimes, the truth hurts...

I've gotta say, while this kind of brutal honesty from Andrew's blog dealt a (big) blow to my ego initially, it also saved a lot of hours overanalysing the situation with my friends and thus sped up the process of getting over The-Douchebag-Formerly-Known-As-Nick.

Why spend time driving yourself crazy with 'What ifs' and 'If onlys' when you could be swiping right on that hottie on Tinder or chatting to the sexy suit at the bar? Just make sure you don a hard hat before reading. ☘

Twitter: @CLEOaustralia, @cleomag, cleo.com.au

(Right-click and choose "Open link in new tab," then you can zoom in on the text)

I do get a lot of readers telling me that they are initially shocked or turned-off by the blog; but they say that they were intrigued. So they continued... and continued... until finally they realized that they agreed – at least with most things. And this is good, because it is exactly the type of reaction you expect when you are giving advice that is somewhat counter-cultural, yet true. Of course, I have to assume that some readers never get passed the "shocked" phase; I just never hear from them because they close their browser and move on. But that is expected also. Not everyone has an attention span and an open mind.

Ultimately, I understand that my readers appreciate my blog because they can trust it. They'd rather read a blog that they disagree with occasionally but trust completely, than a book or website that is trying to sell them something – even if it sounds good every time.

3. Has that response changed at all over time? How so?

It hasn't really, no. The number of people giving feedback has increased dramatically, but the types of

responses (and the relative percentages of each type) haven't changed.

4. What have been some of your most popular topics/posts?

One of the most popular has definitely been *The Importance of Silence After a Breakup*. Even though I wrote it fairly recently, it has already accumulated the second highest amount of traffic, and has by far the highest number of comments, which are overwhelmingly positive. I am in the final stages of writing a book that expands considerably on this topic, and how to handle breaking up with a man in general.

The post with the highest number of hits is Men Don't Fall In Love The Same Way Women Do. The comments aren't all positive, but it has the largest number of and +1s on Google by far. I suspect its popularity is partially driven by the number of girls searching the internet for "how men fall in love," (which is the number one search term leading to my blog) and the absolute absence of other material trying to explain it. I am in the process of writing a better post on the same topic at the moment.

A few others that have been very popular are:

What Men Think of You Without Makeup (this gets shared a lot on beauty forums)

What Men Think About Older Women (fairly controversial, as judged by the comments)

Texting Tip 3 – When You Should Reply (for obvious reasons)

Some of my best posts are the newer ones, which dig a little deeper:

The Importance of Personal Boundaries

On Being a "Typical" Girl

Femininity, Authenticity and Compatibility

5. Your blog tagline says that, in your experience, women understand very little about men and the male mindset. Why do you think this is?

Well, for starters, it definitely isn't just women who are confused about the male mindset; men are equally confused about the female mindset – I just happen to write for women. There is a notion floating around that it has "always been this way," but I absolutely disagree. A hundred years ago in Western societies, men knew what women wanted and women knew what men wanted. Even if they weren't happy with the rules of the game, and even if the rules were wrong, everyone knew them and played by them. But all that has recently changed, because we've rejected the old script. We live in a hugely tumultuous time for male-female relations. Men and women are "equal" now, but no one knows what to do anymore to attract the opposite sex. In the absence of any authority telling us how to behave, both sexes hear the word "equal," shrug their shoulders in confusion, and assume that it means "the same." We conclude that men want from women the same things that women want from men, and we act accordingly. But it isn't true. Social evolution (let alone biological evolution, which I think plays a part) doesn't occur that quickly. Both sexes still want significantly different things, but no one is telling us this anymore. And even though there is some overlap in our desires, this actually makes things more confusing, because it just serves to further mask the differences. Both sexes are currently standing in the rubble of a social battlefield, each trying to give the other what it doesn't want – mainly because we just don't know any better.

6. In your opinion, what are the main differences in how men and women give each other dating advice?

That is a great question, because there are enormous differences. One of the largest symptoms of this difference, as I explained before, is actually one of the reasons that I started *The Rules Revisited*, and that is the complete lack of dating advice available for women on the internet – or in the media in general, for that matter. In the last 15 years, men have generated thousands upon thousands of books, blogs, websites, videos, businesses, etc. – each picking apart a different aspect of attracting women: overcoming approach anxiety, being authentic in a woman's presence, mastering one-night stands, attracting women online, and so on. The sheer volume is impressive, and actually a huge testament to how much the male world revolves around the pursuit of women. But when you search for similar books or websites for women, you find very few – and many of them are actually written by men.

In my experience, women tend to seek dating advice mostly from friends. For example, my female acquaintances often ask me for dating advice; and I know that girls discuss it amongst themselves all the time. They love discussing it. They love telling their friends about what “he” said or did, gauging their friends' reactions, and comparing related stories. Such a discussion is an event, to be enjoyed in-and-of-itself, whereas for men it is brief and purely practical – if it occurs at all.

There obviously are some women turning to the internet for dating advice, otherwise *The Rules Revisited* wouldn't have an audience. Probably this number is increasing, as people in general become more familiar with the power of the internet, realizing what lies at their fingertips. But there is no question that women lag men significantly in their use of written and internet-based dating advice.

In any case, we can say that the female approach to dating advice tends to be more social and discursive, while the male approach tends to be more individual and analytic.

7. Why do you think men and women approach dating advice so differently?

The sexes approach dating advice differently because the sexes think differently. The male mind is more inclined towards the kind of obsessive focus one needs in order to scrutinize even the tiniest of social interactions and break it down into usable rules. This is what we know how to do best, so this is the kind of advice we know how to follow.

Women are much more interactive, social and emotional thinkers. So they do what they do best: they bounce ideas or situations off of a number of different friends before drawing any conclusions. They feel their way through their questions, focusing on their gut instincts more. I also suspect that they are much more in tune with their friends' and family's emotional reaction to their dating situation, which is something that many men would never even consider.

I think it is important to point out that both approaches have certain strengths, but also certain flaws. The masculine ability to analyze is impressive, but men can get too easily trapped in a single problem, losing sight of the forest for the trees. For example, a man might perfect his online dating profile to the point that he has cute girls messaging him daily, or learn exactly how to react when his girlfriend tests his honesty or courage, only to realize – years later – that he still doesn't know how to

keep a girl interested for more than three months.

The female strategy, on the other hand, gives women this incredible ability to capture the big picture and keep all of the various aspects of a relationship in the proper perspective; but I think women sometimes lack the depth of insight into specific problems that is sometimes needed to fix what's wrong. So a girl might have 17 discussions with various friends about her dating life – and learn valuable things in the process – but never pinpoint that it is her short hair that's turning men off, or her living situation that is preventing her from meeting new guys.

To borrow from the adage: a man is liable to forget the forest for the trees, while a woman is liable to forget the trees for the forest.

8. Do you read other dating/relationship blogs? If so, which ones?

I read HookingUpSmart.com, written and run by Susan Walsh, which I very highly recommend for both sexes. For men I very highly recommend the sections of AnimusEmpire.com that are dedicated to “Manliness” and “Dating.”

Stop Lying to Your Friends

April 8, 2014 | by Andrew | [Link](#) | [Original Link](#)

Girls are famous for complimenting each other and supporting each other with their words. On the surface, this seems like a good thing. Telling your girl friend that she looks hot before a night out will boost her ego; telling her that the guy who just dumped her wasn't worth her time will help her get over him faster; and telling her that she has a "Beyonce butt" will make her feel more comfortable about her body... right? Wrong.

When you do these things, you are letting your girlfriend wallow in her mediocrity. If you tell your friend that she looks good when she doesn't, she isn't going to make an effort to look better next time. If you tell your friend that the guy wasn't worth her time, when the truth is that he definitely was worth her time, you are only going to prevent her from doing what she needs to do to make herself more attractive to the next guy of that caliber. And if you tell her that her big ass is sexy, she isn't going to lose the weight she needs to make it look better.

Granted, your girl friend probably isn't naive enough or dishonest enough with herself to completely believe you when you say these things; but I am willing to bet that neither is she wise enough nor honest enough with herself to disbelieve them completely. By telling her anything less than the complete truth, you are placing a Band-Aid over the wound; you aren't substantially helping her. Or worse, you are cowering from your fear of telling her the harsh truth, only because you want to avoid the confrontation that it might cause. Even your excuse about making her feel good about herself falls flat, because a girl's "need to feel beautiful" cannot be satisfied by empty or equivocated compliments.

The problem with this kind of "support" is deeper than just the effect that you have on your friend. Not only are you wrong about the fact that you are helping her, you are probably also wrong in believing that your motive was to help her in the first place. You tell her that she looks hot because you think she needs to hear that she looks hot. But that is just a symptom of the fact that, if you were in her situation, you would feel the need to hear that you look hot - precisely because you wouldn't believe it. And you tell her that her ex wasn't worth her time mainly because, if you were in her situation, you wouldn't be comfortable with accepting the harsh reality that he was absolutely worth your time, but you lost him. And if you had an ass that size, you'd want to believe that the shape compensated for the size, because you'd hate having to face the reality that your ass is huge, and that you actually need to start a real workout, rather than just reading magazines on the treadmill three times a week. In other words, your inability to be honest with your friend is a reflection of your discomfort being honest with yourself.

Granted, there are right ways and wrong ways to break the news to your friend that she is fat, or looks bad, or just lost the man of her dreams - or any other news she isn't going to want to hear. I am not suggesting that when she asks "doesn't my ass look big in this?" you reply "yeah, like huge!" There are ways to get the truth across tactfully, one of which is not embarrassing her in front of others. For example, in that situation (assuming there were others present), you could say something like "It's probably not the right dress for you" and then later - in person - tell her that she should throw it away.

Also, pointing out problems without solutions is the hallmark of un-helpfulness. So the other important thing to do is to help her find a way to improve whatever it is you are giving her honest feedback about. After you tell her that you actually think she lost a great guy, for example, don't just stop there and let her believe (wrongly) that she has an inherent lack of ability to get a quality man; tell her that you think you know a couple reasons he might have left, and offer to help her improve in those areas.

By starting to be more honest with your girl friends, you aren't going to start a revolution in the way that women give each other feedback and advice. This is something rooted in female nature, in the same way that the male inability to engage each other emotionally is rooted in theirs (and neither is a strength). But you could do something far more important, in the sense that it affects you a lot more: you could change the culture in your group of friends. If one or two of you start breaking the insincere compliment cycle, the others will catch on, and soon realize that yours is a better course of action. The more you foster that culture among your group of friends, the more you all will benefit from the mutual honesty, the more you will improve yourselves and your chances with the opposite sex.

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How to Date as a Virgin

April 20, 2014 | by Andrew | [Link](#) | [Original Link](#)

I didn't kiss a girl until I was 20 years old. Although that doesn't seem very odd to me in retrospect, it definitely made me feel awkward at the time. From about the age of 16 on, I vividly remember being paranoid of admitting to my friends that I'd never kissed a girl. The fear was so severe that I used to rehearse in my mind how I would equivocate if I were ever asked about it.

I was much less ashamed about being a virgin, because virginity was something I actively believed in at the time. Not having kissed a girl, on the other hand, was just a product of my inability to attract the kind of girl I wanted to kiss. But anyway, the point is that I know how much pressure a girl (or woman) can feel to live up to what she sees as the socially acceptable level of sexual experience for someone her age. And even though my beliefs have changed a lot since then, I can also identify with the belief that sex should be saved for marriage, or at least for some significant level of feeling or commitment.

There is no doubt in my mind that female virgins feel this pressure. One of the most common questions I get from readers is "what will he think if he finds out that I am a virgin?" I've already written [a post answering this question](#), but I also want to discuss the best way to go about dating as a virgin. And I will do that by answering the next four most common questions that I receive from girls about virginity, namely:

1. Should you tell the guys you date that you are a virgin?
2. When should you tell guys you are dating that you are a virgin?
3. How should you tell guys you are dating that you are a virgin?
4. How do you know when to give your virginity to a guy?

I'll address each question separately. But first, I want to take a moment to highlight what is perhaps the important thing...

One of the biggest problems virgins face is that they don't know why they want to be virgins. Their parents told them not to sleep around, and it seemed like a good idea for a while, but it isn't something they've ever decided for themselves - or if they did at some point, they're now starting to doubt that decision. Meanwhile, the social pressure to do otherwise is starting to increase, as is their hormonal drive - both of which they were warned against by their parents. The result is an internal conflict that makes both paths seem "wrong" and incredibly difficult to reconcile.

Let me be clear: I am not going to tell you that virginity is right or wrong, and I am not going to tell you whether or not you should stay a virgin. That is a normative decision, and not mine to make for you. I will say that Western society has undeniably pushed the normal marriage age beyond the years at which bodies are prime for sex and children (few people will dispute this). And while this doesn't mean that you should or shouldn't have sex, it does mean that if you want to stay a virgin until marriage, it's going to be tough.

Without having a clear idea in your mind about the circumstances in which you want to lose your virginity, there is no way that you are going to be able to resist the social and biological pressure to have sex; and as I will explain, neither is there any way that you will be confident in your dating life. So the first thing you need to do in order to start dating successfully as a virgin is to decide when or under what circumstances you want to stop dating as a virgin.

With that said, let's get into the questions...

1. Should you tell the guys you are date that you are a virgin?

This seems like a simple "yes" or "no" question, but it isn't. The very fact that you feel the need to ask it betrays a problem much deeper than your confusion about whether or not to tell a guy that you've never had sex before. The problem is that you are treating your virginity like something that you have to admit, which is another way of saying that you are treating it like something that you need to hide. So the far more important question is "why do I feel ashamed of my virginity?"

Usually, the answer is that you aren't sure of your reasons for being a virgin to begin with. If you were really sure of your life decisions, you wouldn't be worried about what the guys you date think of them. You'd (rightly) disqualify guys who disapproved of your virginity because their disapproval betrays their incompatibility with you.

Once you are comfortable with your decision, you won't need me to tell you the answer to your original question, which is that, yes, you should tell him you are a virgin, *but only if the topic comes up naturally*. And this brings us to the second question...

2. When should you tell guys you are dating that you are a virgin?

Telling a guy that you are a virgin should be no different than telling him who you voted for in the presidential elections, or whether or not you believe in god, or any other potentially divisive fact about yourself. You wouldn't feel a need to "confess" to him that you voted for Ron Paul on your first date; but you'd tell him if he asked - or if your political views came up in the course of conversation. Virginity, politics, religion, etc. - these are the kinds of things that you eventually need to know about each other because they reveal a person's values; but we don't immediately discuss them because a person's values aren't the only important thing about them. If you skipped the conversation about favorite movies, or family, or personal interests, you'd be missing a big piece of the picture. Likewise, if you only talked about how much you both love that one comedian, and never brought up those topics that make you a little nervous to discuss, you'd be missing out on important information about the other person.

Topics like politics and virginity make you nervous because they can be divisive, and you are afraid of losing him if you learn that each other have clashing values (e.g. if he doesn't value virginity, but you do). But by guarding this information about yourself, you are missing out. Not only will being open about yourself allow you to find a compatible man, it will be attractive because it will show that you are confident about who you are and how you choose to live your life. You need to be comfortable with the idea of losing a guy before you can be open enough to attract him. In fact, often

when a man seems turned off by a girl's virginity, it isn't her virginity that is the problem; it's her insecurity.

Since having confidence in your life decisions is more easily said than done, it can help to know that most guys won't think you are weird for being a virgin; and if a guy is put off by it, it is because he wasn't that into you to begin with.

3. How should you tell guys you are dating that you are a virgin?

In order to answer this question, we need to look more closely at what I mean by the topic "coming up naturally." This could happen fairly directly - for example, over dinner on a first date, if he is bold enough to bring up sex and the conversation takes a natural path towards sexual experience. But more than likely, it will happen when you are in bed together and you shut him down when tries to take things to a sexual level. The first few times this happens, he will probably just attribute it to you not being ready for sex. But eventually, he is going to start wondering and he will probably ask you about it. At that point, here is a good way to navigate the conversation that is likely to follow:

You: "No, that's going too far, we need to slow down."

Him: "Really? I mean, we've been through this several times, and we've been dating for three months now... Are you... are you a virgin?"

You: "Yeah"

Him: "I thought so."

You: "Yeah, I mean, getting close to having sex makes me a little uncomfortable, just because I've never had sex before, so I am not surprised that you noticed."

Him: "Wow, so you've *never* had sex before?"

You: "Haha nope."

Him: "Haha never?!? That's crazy - why not?"

You: "[insert your personal reasoning here and - if it is true- explain that you aren't opposed to having sex with the right guy]"

Him: "Yeah well I respect that" [Note: Almost every guy will say this. Yes, as you suspect, it's at least half bullshit. If he really respected, it, he'd still be a virgin himself. He says this to make you feel better about the situation, which he probably suspects is a little awkward for you.]

You: "So, umm... can we continue making out now? I was kind of enjoying that..."

Otherwise the conversation could come up somewhat randomly - say, while you are sitting on the couch together watching TV. If he brings up something related to sex, for example, the conversation might require you to point out that you are a virgin. In that case, go ahead and do so. I'll use a "tough" example. Assume that you are 23 and he is 24:

Him: "Haha today at work me and the guys were talking about sex, and this one guy, Paul - actually you know him, you met him at Jessica's party - anyway, he's kind of a ladies' man, but somehow it came up that he didn't lose his virginity until he was 23!"

You: "Wow, that's pretty late..." [your heart starts beating a little faster, sensing that *the* question might come up any moment now. The gears in your head start spinning, thinking about how you can avoid it. Try to ignore both reactions.]

Him: "Yeah, I couldn't believe it. I mean, I am pretty tame when it comes to sleeping with

girls, and I lost mine when I was 19. Actually, I even thought that was late..." [your nerves kick in even more, knowing that he considers 19 "late." But this is also where you choose to engage the topic, in spite of your fear.]

You: "19 isn't that late, but 23 definitely is later than normal... Haha you don't know this about me, but I am actually still a virgin."

Him: "Wait, what - really? You're kidding. You're 23; how are you still a virgin??"

You: "Well, see... in my teens I was super horny and I didn't want STDs or a baby before getting married, so I had my doctor sew up my vagina."

Him: "Haha WTF?!?"

You: "I'm kidding! No, ok, I mean, I don't know, I guess most of the guys that have been interested in sex were clearly only interested in sex. I am not waiting for Mr. Perfect, but I am too proud to let a guy bang me when I know he is just going to take off afterwards. I mean come on... So yeah, my criteria are a little higher than most girls' and it just hasn't happened yet."

Him: "I guess that makes sense. I really respect that."

You: "Good. So anyway, what else happened today at work?"

The point is that, even if it feels like a big deal and you are nervous, just "jump in" and tell him. Even if he reacts as if it's a big deal, your reaction will set the tone more than his. No matter what he says, maintain a tone of voice that says "yeah, I am a virgin... So?" Also, if you need the motivation to "jump in," know that it's better to be the one to say it first (as in the example above) than to only "admit" it after he pries it out of you. This looks insecure, and as we discussed earlier: insecure < virgin.

4. How do you know when to give your virginity to a guy?

This is another question that betrays somewhat of the wrong attitude. If you have to ask it, it suggests that you don't know why you are a virgin. If you knew why you are a virgin, you would also know under what circumstances you are willing to stop being a virgin. The two go hand in hand. If you don't want to have sex until you fall in love, then have sex once you fall in love. If you don't want to have sex until marriage, then have sex after you get married. If you don't want to have sex until X happens, have sex only after X happens. Not having had sex until X happens might be a little counter-cultural, but it beats the hell out of losing your virginity before X happens and living with the knowledge that a culture bullied you into it.

It isn't complicated. In fact, it is too simple to be the real issue behind the question. The danger, and the real reason girls ask the question, is that after several months or years of holding on to a principle (whether that be meeting an ideal lover or a moral code), you become frustrated at your inability to meet the criteria you set out for yourself. Maybe you haven't met the kind of guy you're willing to give your virginity to, or maybe you haven't gotten married yet. When this happens, the temptation is to either

- (a) blame that inability on the fact that you are a virgin, or
- (b) convince yourself that your requirements for sex were exaggerated, and then sleep with the next guy who comes along to prove to yourself that you really believe it.

Both are weak attempts to hide from the truth, which is that you failed to reach the situation in which

you'd be comfortable having sex. That failure might not have been your fault, but it is the disappointing reality nonetheless, and this is where questions about "how do you know when..." creep in. So my advice is this: don't compromise your ideal; figure out what you have to do to live up to that ideal, and start working towards it. Rise to the challenge. Yes, there is such a thing as having unrealistic expectations, and you should give some thought to this, but be careful of falling into situation (b), above.

Related Posts

1. [What Men Think About Your Virginity](#)
2. [What Men Think About Your Sexual History](#)
3. [Never Tell a Guy When You'll Have Sex With Him](#)

Advice Roundup 1

June 1, 2014 | by Andrew | [Link](#) | [Original Link](#)



I spent the last month without a computer, so I am way behind on posting and e-mails. In an effort to get back on track with both simultaneously, and because I haven't posted any reader Q&A in a while, the following are 5 that I thought might be of general interest - either because they are unique, or recurring, or not covered elsewhere on the blog.

1 -----

Hi Andrew....

My ex broke up with me he claims its because I have tattoos and different kids father but he has tattoos and 2 different kids mom.

In the beginning of the dating I asked if he mind if I have tattoos and he replied, "So do I, why would I mind?" Two months into the relationship he says that at the rate our relationship is moving he had to step back and think about every thing and me having tattoos and kids by different men (my ex husband and another guy) he could no longer be with me. He said he really enjoyed me and was having a blast but couldn't get past those two factors.

We became a couple fast. He said he had never ask a girl to be his girlfriend as fast as he asked me. Could the fact that it was going too good for him scared him away? I never pressed the issue of us being together... It was all him. Your thoughts please

Thank you,
Janette

Janette,

The tattoos and even your kids are excuses to avoid telling you what he really dislikes about you - which he might not actually know definitively for himself. But if things were really going as well as they were in the beginning, he would still be able to look past those things. He is losing interest, and now he is latching onto the obvious "problems" - as I said, either because he wants to avoid telling you the truth, or because he just has a gut feeling that something is wrong but he can't pinpoint what it is. The tattoos and kids from other men are just easy scapegoats.

Keep in mind that the beginning of any relationship is always colored in a man's mind by the prospect (and if you sleep with him, the actuality) of sex with a new woman. He was able to look past the things about you that he dislikes - not just the tattoos and children - because he was partially distracted by the novelty. Now that the novelty has started to dissipate, he is looking at you and the relationship more critically. In the future, you need to treat with a heavy dose of skepticism anything a man says to you during the first, say, three months of being together.

And come on, you know as well as I do that no guy (or girl) has ever genuinely been scared away by something being "too good."

Good luck,
Andrew

2 -----

Dear Andrew!

I have a friend who was interested and liked me and thought I am beautiful, however, did not tell me directly recently, so, I was not 100% sure, if he still has feelings for me. Important point: he has never been in a relationship (we both are pretty inexperienced due to cultural things, and priorities for studies, etc.)

Recently, he asked me for a favor, I helped, he responded "thank you, you're the best!)", then i joked, and then he: "not only, in general you're the best",

My intuition is telling me, that this reply is a typical "friend-zoning" answer, do you think so? I helped him twice, when he asked me, probably I shouldn't have done that. However, I never called first, tried to show limited interest towards him, only responded when asked, never stalked him on facebook, since I liked him. Now I learnt that bitter lesson, that I even shouldn't have helped him eagerly... since men need to be ignored totally to like you (sorry).

Thanks,
Zeneb

Zeneb,

"My intuition is telling me, that this reply is a typical 'friend-zoning' answer, do you think so?"
No, a guy could say that in an attempt to hint at the fact that he really likes you.

The interesting part of your question is the second part. You didn't make a mistake in helping him. A lot of girls mistakenly believe that they need to be cold and distant to attract a guy. But you don't need to be cold; you just need to maintain your personal boundaries. So, for example, if he'd asked you to help him at a time when you already had plans to do something else, it wouldn't be smart to change those plans just to spend time with him (i.e. a guy who hasn't proved his genuine interest in you yet). But if you were free to help, you definitely should have helped him. It's a perfectly natural thing to do, and it provides an opportunity to get to know you better and ask you out. If you are constantly avoiding those opportunities, he will get the impression that asking you out will surely end in rejection, and he won't even try.

Good Luck,
Andrew

3 -----

Andrew,

I've been with my boyfriend for 7 years. He's 29 years old, I am 25. We started dating when I was 17.

We fight a lot. However, we often speak about marriage and imagine a future together. He broke up with me a week ago and told me he can't trust me and can't be with someone who he will always doubt because of an incident that happened 6 years ago. I went to hang out with friends (guys and girls) from work and didn't want to answer his phone calls [mainly because] I felt like I couldn't do anything on my own. Even hang out with my friends because I felt like he was checking up on me.

I don't give him reasons to doubt me. Instead, he's the one who does that. For almost 2 years, he's been clubbing. When we first started dating, he NEVER did this and I don't know if that is the reason why he does this now. He goes out behind my back and I always find out because of Facebook or Instagram. He has girls who will leave comments on Facebook. I've seen pictures of him with girls (side hugging) and I get very jealous. I act like a crazy girlfriend. I feel the need to always be checking on things to find out what he's doing.

I know our relationship is not healthy and I'm sure you've read the "but I love him" sentence before. Yes, I know that is not enough BUT it's hard not to try and make things work after 7 years of a relationship. I don't know what to do. We were fine and suddenly he comes out with this. I'm heartbroken.

Thank you,
Cara

Cara,

There isn't an easy way to tell you this, but I am also sure that you know it already: your ex was just looking for an excuse to end the relationship. There are two ways I know this: first, the fact that he is citing an incident from years ago rather than something recent (i.e. relevant), but secondly - and this

is the interesting part of your question - the clubbing.

Clubbing is inherently sexual in nature. Your ex might not be sleeping with the girls that he meets in clubs, but by indulging in the nightclub atmosphere, he is indulging in sex by proximity - he is getting "close" to sex. And of course it is possible that he is sleeping with the girls he meets; it might not just be proximate. Either way, his going to clubs is a clear sign that he doesn't feel sexually fulfilled in the relationship. That doesn't surprise me, because men crave sexual variety, and he's spent the vast majority of his 20s committed to you, while the social norm for a guy that age is to be having sex with lots of girls. He's probably been feeling that "deficit" for a while now - at least since he started going out, but probably before.

You are right that the relationship isn't healthy, and I understand that you feel like you are throwing away seven years by letting him go. But it should help to realize that the relationship has been dead for at least two of those years already. This will also help you to frame the situation (rightly) as letting go of something that's already dead, rather than (wrongly) thinking of it as holding on to something that still might have some life. It doesn't.

Good luck,
Andrew

4 -----

Hi Andrew

I am 27 years old. How can women best go about putting herself out there and go out to places like bars, cafes, events to potentially meet guys, when she has no single girl friends to be her wing women?

I have many friends, however, no single girlfriends. My girlfriends rarely go out these days, and when they do, they always have to go early like 8-9pm.

Kindest Regards.
Anne

Anne,

You aren't asking the right question. You shouldn't be asking how to meet guys on your own, you should be asking how to make more girl friends. If you were 40 and living in a small town, maybe I would understand, since a lot of the women your age would be married; but at 27, this really shouldn't be a problem.

Either your life situation isn't set up in such a way that allows you to meet other girls, or else you are closing yourself off to new female relationships. If the former, then move, or change jobs, or do whatever you need to change your life situation. If the latter, start making real efforts to open up to other women more. If a girl can't even relate to her own sex easily, she can't expect to be successful interacting with the opposite sex.

Incidentally, I think you'll find that as you make more girlfriends and expand your social circle, you will meet their guy acquaintances and might not even need the bar scene.

Good Luck,
Andrew

5 -----

Andrew,

I have a simple question and it is one you have not answered before on your blog. Why would a guy ask for your phone number and then not call?

Thanks,
Jamie

Jamie,

Men do this to prove to themselves that they can get your phone number. In other words, they do it out of pride. This might be a shitty thing to do, but recognize that it is ultimately rooted in insecurity or narcissism: either he has a low enough opinion of himself that he needs the reminder that girls like him, or else he is so obsessed with the fact that women like him, that he cannot resist reminding himself of it. Either way, you should be glad that the guy didn't call you.

On rare occasions, a guy might have recently met another girl that he likes more than you, and be focusing on her instead.

Hope that helps,
Andrew

If you want to ask me for advice, please follow the guidelines here: [How to Ask Me for Advice](#) And if you liked this post, let me know in the comments; I have about 200 more e-mails I need to answer, so I should have plenty of material for additional posts like this one.

Advice Roundup 2

June 17, 2014 | by Andrew | [Link](#) | [Original Link](#)



Here is another round of questions and answers that have come through my inbox recently:

1 -----

Andrew,

I have a question for you. I read your blog, really value your opinion, and would so much appreciate your input.

Do men ever feel a sense of obligation to keep in touch with a girl? I have been seeing my older brothers best friend (age 28, i am 24) for a few months, and get the feeling he may now just be keeping in touch out of politeness, to avoid a situation with my brother - do guys do this?

Is it ever right to wait for a guy you really like, if he is moving slower than you want to? I feel as if the waiting for a relationship to form drives women absolutely crazy - is it right for the beginnings of relationships to feel like this?

Thank you in advance, very much.

Sandra

Sandra,

Probably he isn't doing it out of politeness. He probably likes you, and enjoys being in touch with you because he likes flirting with the idea of something happening between you, but he is probably too worried about the fact that he's friends with your brother to actually make a move. Or maybe he just wants to talk casually to decide if his attraction to you is enough to risk his friendship with your brother.

There is no reason (other than the strain on your patience...) why you can't continue talking to him, and seeing where things go. If this goes on for several months and you are talking regularly - say, a few times a week - but he isn't doing anything, you might bring it up by telling him that, while you are interested in dating, you understand the situation is complicated by your brother, but you also don't want to keep talking endlessly if he is never going to decide it's worth a shot. Of course, this is just a soft way of telling him to grow some balls and make a decision, and it's likely to bring the whole thing to an end, but if that is what happens, you'd be fooling yourself in believing that the "whole thing" would ever have worked out anyway.

Good luck,
Andrew

2 -----

Hi Andrew, your blog is awesome!

My question is, would a man ever want a non-sexual friendship with a woman just to get emotional support? I had a sexual relationship with this guy for six months last year. We met through a community project. We ended it mutually... We wanted to try to keep our friendship intact because we will continue to have community interaction, and we care about each other.

We have both tried hard to keep the friendship. He is a natural alpha guy, man of few words, but has always made the effort to text me and call and we've stayed in pretty close contact like this for months. He has taken some big personal hits over the last couple years and I give him a lot of support and praise (not that he'd ever ask) which I think he likes and maybe even needs. The problem? I feel like he avoids seeing me in public. We have mutual friends and opportunities to be out together and socialize, and he doesn't pursue it. It feels weird to me to have just a phone relationship. It's always drummed in girls' heads that guys never want to be friends with women. Is it possible this is just an ego feed for him and he doesn't actually want to be friends? Despite all the texts and calls it's hard not to take it personally that he never wants to get together face to face in a platonic setting... which is what I do with all my other friends.

Thanks for your help!
Majda

Majda,

His willingness to stay in touch is definitely motivated in part by the fact that he enjoys the personal chemistry between you and the conversations, etc. - but for sure there is an element of ego there too. He likes knowing you like him. Incidentally, this means that he must have some level of sexual attraction to you also (otherwise his ego wouldn't value your attraction to him); but his unwillingness to take it any further is a much stronger indication that the level of attraction isn't high enough to get back together. I'd tell him you are interested in getting back together, but you realize that he isn't on the same page, and that because you see things differently, you think it's better not to talk. Then cut him off.

Good luck,
Andrew

3 -----

Hi Andrew,

I have a very quick wit and use natural puns, double meanings, subtle references in conversation-- people laugh a lot around me. I've cut my playful, though sarcastic, banter but kept wondering this: Do masculine guys like girls with great situational humor or not? Do I "lose points?" I am otherwise extremely feminine. Still stepping on Mr. Alpha's toes?

Thanks!
Rebecca

Rebecca,

I realize I am reading between the lines a lot here, but I have a hunch that your sense of humor is a way you've subconsciously attempted to make yourself stand out to men, i.e. to make them notice you. And if I am right about that, it isn't your success (or even failure) at being funny that is turning men off, it's the fact that men can recognize your discomfort with who you are shining through your attempts at being funny. I think you've made the right move by scaling back your wit a little bit, since I suspect you were using humor as a crutch for garnering male attention. As you probably have realized, good and bad attention are sometimes difficult to distinguish, and the desire to be recognized can very easily blur the lines between the two. I suggest recognizing that (a) you don't need to be the most beautiful girl in the world to find a man that you love and who loves you back, (b) being comfortable with who you are is way more attractive than humor - in fact it rivals physical beauty for the most attractive female quality, and (c) just because there are other girls who are prettier doesn't mean that you can't be noticed for your looks too.

Good Luck,
Andrew

4 -----

Hi Andrew,

In your blog, you say that a woman should never tell a man when she will sleep with him. However, you also advise women who want a high-quality boyfriend not sleep with a man until he has demonstrated commitment. In most cases, demonstrating commitment = agreeing to date exclusively.

These two bits of advice seem to contradict each other. For example, let's say you like a guy, you've been dating for a while, and you haven't had sex yet. You want to let him know that you are willing to have sex eventually (so that he doesn't give up in despair), but only after you're exclusive. But if you say "I want to be exclusive before sex," you're essentially saying, "I'll have sex with you when we're

exclusive." So by communicating that exclusivity is necessary before sex, you're breaking the rule about never telling a man when you'll sleep with him.

What's the best way to manage this situation?

Thanks!!

Ana

Ana,

You are right in the sense that saying "I want to be exclusive before sex" implies that you'll sleep with him once he commits. But I don't recommend phrasing it that way, mainly because I don't recommend thinking about it that way.

The implication of such a statement is not only that you'll sleep with him once he commits, but that you have essentially already decided that you want commitment from him. But if you are in doubt about his willingness to commit - to the point that you are turning him down for sex - then you shouldn't be sure yet about what you want from him. This isn't because you should play hard to get; it is because, if you are self-confident and have a non-needy approach to dating, you shouldn't want commitment from anyone who doesn't like you enough to commit to you. Everything else about a guy might be great, but unless he desires you enough to be exclusive (and demonstrates that by pushing for exclusivity), one of the most important pieces of the puzzle is completely missing.

Instead, I suggest saying "I am not ready for that yet," or better yet, "I only sleep with my boyfriends." This frames the whole interaction in a healthier mindset, because there is no implication that you'll say "yes" if he asks you to be exclusive with him. There is therefore also no implication that you will sleep with him, let alone when.

Hope that helps,
Andrew

5 -----

Hi Andrew,

Thanks for the great blog!

I am 32, female and single. I have an illness which does not have any effect on my daily life, but I don't have enough eggs and no periods without pills. Despite this I have 5-10 % to fall pregnant spontaneously, but doctors can't improve this percentage. I do want kids but I am also happy to adopt. My question is, when and how should I tell a guy? I am worried to death that a guy will be disgusted by my infertility.

Thanks a lot!
Anika

Anika,

You shouldn't tell a guy about your low fertility until you are sure that marriage is something he is considering. On the surface, that might seem like a long time to wait; but the flip side of that advice is that (assuming that marriage is what you want from dating) you shouldn't continue dating a guy more than 6 months without knowing that marriage is something he is at least starting to think about. If at 6 months you know that the guy isn't even asking himself whether or not you could be his wife someday, then he isn't on the same page as you, and you shouldn't continue dating him. If you are uncertain about whether or not he is considering it, then you should bring up the subject yourself sometime before 6 months. This isn't "pressuring" a guy; it's making sure that you are only dating men who have the same goals as you, and are on the same timeline. Yes that means that you won't be able to date a lot of men, but that's just part of the dating landscape for women interested in marriage.

So the short answer to your question is 6 months at the latest, and as soon as you know he is taking you seriously at the earliest. I am saying this not because I think you have some kind of moral obligation to tell him, but because you don't want to spend too much time with a guy for whom your fertility will be a deal-breaker. But of course, you also don't want a guy to write you off before they have a chance to really appreciate you.

Good luck,
Andrew

If you want to ask me for advice, please follow the guidelines here: [How to Ask Me for Advice](#) And if you liked this post, let me know in the comments; I have about 200 more e-mails I need to answer, so I should have plenty of material for additional posts like this.

The Importance of Variety in Your Appearance

June 30, 2014 | by Andrew | [Link](#) | [Original Link](#)

There is a girl in my office that is extremely attractive. She is good-looking, but she is much more than that. She has great posture, always fixes her hair well, smiles frequently, is confident, and she generally radiates an air of femininity that is painfully lacking in many girls' demeanor.

One thing that always stands out about this girl is the way that she dresses – specifically, the variety of clothes she wears. Every day she wears something completely different. In fact, I don't think I have ever seen her wearing the same thing twice. I am not making a statement about the quantity of outfits she owns or the size of her wardrobe; I know plenty of girls who wear different outfits every day but still look boring. This girl actually looks different every day. One day she will be wearing jeans and a blouse, the next day she will be wearing a long, close-fitting dress, the next day cotton dress-pants with a loose, flowing top, and the day after that a pencil skirt. I've seen this girl wear clothes and dress types that I didn't even know existed. I realize that might not be saying much coming from a guy, but the point is that she is very clearly an outlier relative to other girls when it comes to the variety of clothes she wears.

It would be hard to underestimate how much men love this – and I say that with confidence because I've talked about it with several other guys and they agree categorically. Her daily choice of clothes is the topic of our lunch conversation more often than is probably healthy. It's worth pointing out that this attention isn't the wrong kind of attention. Plenty of girls could work their way into our conversation by wearing short dresses, small tops or tight skirts. In fact, plenty do, and we talk about them too. But we come back to this girl way more than the others because we are constantly surprised and impressed with the variety. It's hugely refreshing to see her every day in a different outfit.

While I am sure that women can appreciate variety in male fashion also, I am convinced that this is something men appreciate much more than women. I've explained before how strongly men crave sexual variety, and I've explained the importance of visual stimulation. By varying her appearance, a woman appeals to both of those masculine desires. Of course she can't actually be someone else; but by looking different every day, she can come close enough. I don't have a huge amount of evidence to support that claim, but when I think about how tempted I would be to cheat on the girl I am describing versus other girls that are equally attractive, there isn't much of a competition.

Having thought about it a bit recently, I can break down this girl's fashion success into three factors:

1. **She takes risks**. This girl doesn't always look good. In fact, I've seen her look downright horrible at times. One day she came in wearing these shitty gypsy-looking baggy pants and an ugly shirt, and I almost cried. A couple times she's worn colors that washed her out completely. I'd say that roughly 5-10 % of the time, she looks bad. But I realize that no one can pull off the kind of variety I am advocating without fucking up occasionally; besides, the variety and successes are both well-worth the mistakes. In fact, I would even be fine with more mistakes if it meant I'd get a girl who was equally dynamic in her wardrobe.
2. **She doesn't pay attention to office fashion norms**. In other words, she doesn't think “this is a

professional environment; a sun dress is inappropriate.” She might not always be wearing clothes that are “appropriate,” in the sense that they play down or divert attention from her looks, but neither is she dressing overly sexy or provocatively. Trying to bring women into the workplace and expecting them to dress like men is about as ridiculous as asking men to stay home with the kids and forcing them to dress like women. Women need to be allowed to be women, and “appropriate” has unfortunately been defined largely by a society that doesn't fully understand that.

3. **She enjoys looking good.** There is no way that a girl will be able to force herself to dress in such a varied manner if she doesn't enjoy doing it. And although you shouldn't try to force yourself to enjoy it, you can let yourself enjoy it to whatever degree you naturally do. I said a lot about this in the post Femininity, Authenticity and Compatibility, so I won't repeat myself here; but I want to make one additional point in that regard: you don't need to be a supermodel to enjoy looking great, and you don't even need to be hot for men to appreciate how you dress. Let yourself enjoy looking your best in as many ways as possible.

Of course, these principles apply to make-up and hair also. The important principle is appearance variety, not just wardrobe variety - but you can draw the analogies.

For the record, I recognize that having a wide variety of clothes can be expensive. And I am not going to pretend that women with less income are without a disadvantage here. That's life. If it helps stomach that fact, you can remind yourself that wealth disparities affect men in their dating lives far more than they affect women. But anyway there are plenty of ways to work the concept of variety into your wardrobe without breaking your bank, and there are plenty of girls reading this post right now who spend all kinds of money on wardrobes bigger and more boring than this girl's. Make the most with what you have.

Now, all this being said, there is some value in the adage “looking good every day is more important than looking different every day.” While I suspect this statement was popularized more with men's fashion in mind than women's, I also want to make it clear that I am not advocating wearing ugly clothes or crazy make-up only for the sake of variety. You need to indulge in variety wisely, choosing colors and cuts that look good on you. But within the limits of what you know suspect makes you look good, don't be intimidated by the pressures of “what is acceptable” or what feels safe at the expense of what is different. Different counts for a lot.

Related Posts:

1. The Most Important Time to Dress Well
2. Feminine Beauty is Highly Controllable
3. Men and Sexual Variety
4. The Importance of Taking Fashion Risks

Book Announcement

July 21, 2014 | by Andrew | [Link](#) | [Original Link](#)

I am sure everyone who reads this blog regularly has noticed the decline in post frequency in the last several months. What's probably not as evident is the reason, which is that I have been working on a book. In fact, since December, more than 100 % of the time that I typically devote to the blog has instead been focused on writing it. So while it might seem like my output has declined in recent months, the reality is that it has increased significantly - you just haven't seen the output yet.

I've mentioned the book a few times in the blog comments, and in replies to some [readers' e-mails](#); but I've largely kept quiet about it - mostly because I didn't want to announce the book and then wait months or years for its release, but also because I didn't want to announce something before I was absolutely sure it would actually happen. But as of last week, the manuscript is finally finished, and it's mostly downhill (at least in terms of my commitment to the project) to the point of publishing; so this is a good time to make the announcement.

The book is about how to understand and handle breakups and rejections. It explains in detail why they happen, what the guy is thinking, how to maximize your chances of getting him back, and how to move on. I will rely on an excerpt from the introduction to explain my choice of topic:

"It might seem a little strange to write a relationship advice book that deals exclusively with break-ups and rejection. After all, if the break-up has already occurred, it is a little late for the kind of advice that could have made a difference..."

"...[But] it has been my experience that, for most girls, a painful break-up or rejection is actually the beginning, not the end. It isn't the beginning of a relationship, obviously, but it is the turning point at which they start to question their approach to dating and relationships – the beginning of their efforts to make a change..."

"It is only after a painful or repeated loss that a woman begins to think twice about her approach to the opposite sex, and it is precisely then that she has the interest and motivation to learn why things didn't work... It also happens to be the time when she is most in need of advice about how to forget about him and move on – even if it isn't the advice she is most interested in receiving."

An additional consideration was that I get [hundreds of e-mails every month](#) asking for advice, and 95 % of them are questions about breakups. Although writing this book was a fairly big undertaking, it's a hell of a lot easier than re-writing the same 30 e-mails over and over again for the next ten or twenty years.

The topic is ostensibly narrow, but the reality is that you can't navigate a breakup properly without a pretty comprehensive understanding of male-female dynamics; so the book covers just about everything: what makes a man fall for a woman, the mindset with which men approach relationships, the model you should use for your expectations in relationships, what pulls relationships apart, the nature of your relationship with your boyfriends' family, the importance of emotional honesty, etc. - not to mention all the practical stuff like what to say, when to say it, how long to wait before contacting him again, and all the rest. I will post a full chapter list prior to publishing; but the point is

that the book's topic is more of a framework for the discussion of much larger issues in dating and relationships than it is the theme of a purely practice guidebook. So the book will be extremely relevant to anyone who has been broken-up with or rejected, and probably even helpful to those who haven't. While I won't say that I'll never write another book, I don't have any plans to write a second one, so I didn't hold back any topics that might be more appropriate for future publications; I addressed everything here.

Originally, my plan was to simply publish a compilation of previous posts from the blog that were loosely related to the topic of breakups, with some additional wording weaving them all together. But the more I wrote, the more I realized was missing in order to cover the topic comprehensively; and the book soon grew into something far greater than just the existing material. I estimate that the re-used parts from the blog account for only 20 % of the book; and even those parts have been significantly expanded and improved. They also benefit from being placed in the wider context of the surrounding chapters.

In total, the manuscript is just over 15,300 words, so it will probably be about 200 pages printed. Unless I receive an attractive book deal, the book will be self-published, in both paperback and electronic formats. It will also be available for purchase worldwide. I am not sure of the release date yet, but if I do go down the self-publishing route, it shouldn't take more than a few months to at least publish in electronic format, and the printed version will follow soon after. This might be a good point to mention that I am a complete rookie in self-publishing, and I know I have readers with experience of not expertise. So please e-mail me if you have any advice. I am very open to ideas, and I am also looking for one or two more (experienced) copy editors.

I want to end by pointing out that I am very proud of this book. Around the time that I started writing it, there were a few comments on the blog about the decline in post quality. That didn't surprise me, because - having started the book - my mind and energy was entirely dedicated to the topic of breakups and rejection, which meant that every new and insightful thought I had went into the book rather than the blog. Only the remnants ended up on the blog, which is why you only saw posts about jeans and sports for the last several months. But the book contains my best material to date, and I hope you will look forward to reading it as much as I am to publishing it.

Stay tuned for more...

Bars Are a Bad Place to Meet Women

August 7, 2014 | by Andrew | [Link](#) | [Original Link](#)

I've met the majority of the women I've dated in bars. There have been plenty of girls that I've met through friends or randomly in public, but in bars, the sheer density of attractive, young, single women is enormously greater than it is on the street or beach or office (or anywhere else); and my dating history reflects that. I've made the point previously that the higher concentration of the opposite sex in nightlife venues is a good thing, and I stand by what I said. But as I've gotten older and come to know myself better, I've recognized two serious disadvantages to meeting women in this way.

1. Randomness

The first thing I've realized is that I don't value the way that I meet women I meet in bars – that is, I don't value the process itself. I was telling this recently to a girl that I know, and she suggested that it was because meeting girls in bars is "too random." I think this is the common supposition - namely, that because you don't have any history or connection with the people that you meet in bars, there is no foundation for a relationship, and so any attempt at one is doomed. But this isn't the problem. A strong foundation for a relationship is just as much a function of personal compatibility as it is a function of common history or connections. Meeting the opposite sex in a bar isn't unsuccessful for lack of foundation, and it isn't unsuccessful because it is random. It is unsuccessful precisely because it isn't random.

Randomness is actually what we all want, in the sense that we all want our "how we met" story to be unique and unexpected. The more random it is that you met someone to whom you find yourself deeply attracted, the more special it feels, because you know that you were incredibly lucky for it to happen. It's the same phenomenon that makes people appreciate life so much after a near-death experience. You value what you have because you know that you almost didn't have it. As absurd as most romantic comedies are, it says something about our ideals of romance that so many of them start with some permutation of a girl hitting a guy on a bike with her car - randomly - and then falling in love with him. Things are romantic at least partially because they are unexpected, that is, seemingly impossible or unreal. I probably don't need to explain to most women how un-romantic it is to receive flowers on Valentine's Day. It might be nice, and it might be better than never receiving flowers, but it isn't romantic because it is too predictable. It isn't random at all.

Being picked up in a bar also isn't random at all. In fact, it is exactly the opposite of random; it is boring because it is too mechanical, too planned. Guys know that they want to meet girls, they know where to find them, and they go there to do so. Girls know that they want to meet men, they know where they will be hit on, and they go there for that reason. The encounter might take place in an exciting, fast-paced and sexually-charged atmosphere, but that's just superficial ornamentation. Underneath, those meetings are absolutely bland, because they are absolutely intentional.

Yes, obviously, not everyone in a bar is there with the conscious intention of meeting the opposite sex, but the percentage of people who are is infinitely higher in nightlife environments than it is in,

say, a shopping mall. And following the train of thought described above, we project that intention onto every person we meet in a nightlife environment, then down-rate the value of those encounters accordingly. I don't value the women I meet in bars because there is nothing special about the way we met.

2. Difficulty

The second thing I realized is that I don't value the effort I make to meet girls in bars. There isn't necessarily anything wrong with the girls themselves, but I don't respect my relationships with them because I didn't have to work very hard to make those relationships happen. Men are very keenly aware that things of low value are easy to obtain, and so we assume (and in most cases are right) that things that are easy to obtain are low in value. A man might have the best job in the world, but he'll never feel good about it as long as he knows that he only got it because his father pulled strings with his professional contacts to make it happen. The same mentality applies in dating.

It hasn't always been this way for me. In my early twenties, approaching a random girl in a bar and attracting her enough to get her phone number took balls and felt like a real accomplishment - because at the time, for me, it was. I was able to have genuine relationships with girls that I met in bars because I respected myself for meeting girls in bars. But I don't anymore, because it has become too easy, too boring. Without the challenges that my adolescent social anxiety used to pose, all I see in bars is a social scene hugely facilitated by dark lighting, loud music, commotion and alcohol. They're still a great place to have fun and get laid, but they're not the kind of place where I expect to find a relationship anymore.

Now, does this mean that bars are a bad place to meet guys, or that you should stop going out?

Not necessarily. Despite the fairly categorical nature of this post's title, what I am really saying here is that bars are a bad place for me to meet women at this point in my life. I am no relativist, but the reasons explained above don't apply to every guy, and they don't apply in every situation. If you meet a guy tomorrow who is the way I was at 22, for whom it is a big deal to meet a girl in a bar, then this isn't going to be an issue at all. And even if the guy you meet in a bar is exactly like me in the sense that it isn't a challenge for him, there is still the possibility of something working out; it just means that you are getting off on the wrong foot. If there is a strong enough connection, "how you met" probably won't be enough to prevent or disrupt it.

There is also the chance that there will be some other coincidence that makes the encounter incredibly random, despite the environment – maybe you find out that you both come from the same town on the other side of the country, or that you have identical ancestry, or that you are both obsessed with the same nerdy sci-fi movie, even though you met in a nightclub. And as I explained in previous posts, you still have to consider the disadvantages posed by what I've explained above, along-side the low probability of getting off on the right foot somewhere less intentional, like a shopping mall or at work.

No, I am not saying that you shouldn't go to bars. I am saying that you should be cognizant of the fact that men – just like women – will not respect or value what comes too easily, whether it comes too

easily because (a) it is too mechanical or (b) because it requires very little effort. The converse of this is that men will value their encounter with you in proportion to how (a) unlikely or (b) difficult it was. While this doesn't mean that you should lock yourself in a steel cage and only accept men who are willing to tear it down to get to you, it does mean that you should avoid situations in which every man has easy access to you.

Incidentally, this post could also have been written about online dating, or anything else that dramatically facilitates meeting the opposite sex. You might think of bars and online dating as completely different – even opposites – but they share the strong similarity of taking the difficulty out of approaching (and therefore, being approached by) the opposite sex. Even though it seems like an ideal situation on the surface, the reality is that, for many men and women, bars and online dating are shortcuts. And no one wants to know that they got something important to them by taking a shortcut. Even if online dating or going to bars isn't a shortcut for you, be aware that it might be a shortcut for the guy, and that he is liable to respect himself and the relationship less because of it.

Related Posts

1. [Bars Are a Good Place to Meet Guys – Part 1](#)
2. [How "Hard to Get" Should You Play?](#)
3. [Don't Initiate Contact](#)
4. [Why You Don't Get Approached by Men](#)

How to Set Up Your Friends

August 22, 2014 | by Andrew | [Link](#) | [Original Link](#)

Most women I've met like the idea of setting up the single men in their lives with the single girls in their lives. In other words, they like match-making. Mothers seem to love this more than most, presumably because it puts them back in touch with the romantic spark that is often dead in their own relationships. Perpetually single girls love this too, probably because having influence over someone else's love life is the next best thing to having control over your own. But normal girls like it too, and this is understandable because it is only human to want to have an influence on other people's lives (it is human to want to have influence in general). In the same way that it is empowering to know that you were the one who got your friend the job that was the springboard for her career, it is empowering to know that you introduced her to the guy that finally gave her confidence in her dating life, or even the guy that she eventually married.

Now, let me preface what I am about to say by pointing out that setups are usually a bad idea. In the vast majority of cases, the very fact that your friend needs help finding love is a good indication that your attempt to help is going to fail. This is because the problem is never one of "just not having met the right person yet." It always runs deeper. Maybe she is insecure, or too introverted, or overweight. Maybe she is trying to be masculine, or makes herself unapproachable. Whatever the case, her inability to take charge of her own romantic life isn't merely a matter of bad luck; it is a symptom of a deeper problem, which your attempt to introduce her to someone new isn't doing anything to solve. It's like giving another book to a child with a learning disability, and thinking "this time he'll get it." Exactly. It isn't going to happen.

So with that background, let's take a look at what most people do when they try to set up their friends (because this blog is for women I am going to use the example of a girl, but guys make the same mistake). Once a girl sees a potential match in her social circle, she goes to the girl and guy separately, and tells each of them that she knows "someone that they have to meet." She might tell each person a few things about the other, maybe show them some photos, and she gets them to agree to the setup. Then she arranges some kind of event at which the two people have the opportunity to meet each other. She's "really good at this" because she never lets either person know that the other one knows it's a set up. That way it won't feel forced or awkward. Perfect, right? Wrong.

The problem isn't that the person thinks that the other knows about the setup. The problem is that the person themselves knows they are being set up. And they knew this the very moment the girl told them there was "someone that they had to meet." This does two things: first, it generates expectations and makes both parties feel like they have to perform, which of course results in an encounter more awkward than a new graduate's first job interview. More importantly, however, and what I want to point out here, is that it destroys the single most important thing for someone who struggles with their dating life: autonomy.

Let's look at this from a the guy's perspective...

One of the hallmarks of masculinity is self-control: men want to be in control of their lives, and by

extension, they want to be in control of their dating lives. A man will never feel good about himself if he can't initiate and perpetuate his own relationships. (Remember that his inability to do so is the reason his friends want to set him up in the first place.) By setting a guy up, you are essentially stepping in and putting training wheels on his bike - reminding him that he cannot handle himself. Yes, it might be true that he rides poorly (or not at all) without those training wheels; but by taking control of his dating life you are making him feel like a child, and he won't respect himself for any girl he "gets" with your help. He also won't respect any girl that he needs help to meet, because men know instinctively that women are attracted to men who don't need help: men who are in control and confident with their own capabilities. In other words, he knows he can get a better girl if he gets his shit together and deals with his lack of options himself.

You might argue that without some initial help, a guy (or girl) will never date anyone at all. To use the bike analogy, you might argue that, yes, a guy might not respect himself for using training wheels, but without training wheels he will never learn how to ride. But this argument assumes that his problem is balance. In real terms, your insistence on setting him up assumes that his problem is meeting girls. But as I pointed out at the beginning, this is never the case. His problem isn't one of balance, it is the fear of crashing. His problem isn't one of meeting girls, it is the fear of rejection; and setups do nothing to help him overcome that fear.

There is a feminine perspective on this too. When it comes to match-making, the feminine problem is that a girl will not respect a man who needed the help of a friend (i.e. you) to meet and attract her. This isn't only a matter of judging the man's courage, or the social abilities needed to make a connection with her. Women know that if a man is motivated enough, he will dig down and find that courage, and make something happen - or at least he will try. You want a man who desires you enough to push through a crowd to meet you, or takes some kind of initiative. At very least, you want a guy who does more than accept dates that are handed to him because his friends think he has no other options. A girl who finds herself in a relationship that started that way won't respect him, won't respect the relationship, and won't respect herself. So deep down, girls doesn't like being set up any more than guys do. They might like being single even less, but they'll be even less enthusiastic still about being dumped once their boyfriends wake up, and realize that they are only with those girls because they never had the balls to go for what they really wanted.

I am sure many readers know people who have had successful relationships after being set up, some of which might have even lead to marriage. My parents were set up, and they've been married more than 30 years. Maybe you were set up and are still with your boyfriend. And that's fine. But it doesn't mean that those cases are ideal or likely, or that they do anything to strengthen the inner core of the relationship.

So what do you do? How do you help facilitate a match that you think has potential? Well, you let both the guy and the girl ride without training wheels. You encourage them to take control of their own dating lives, and then you let them do so. This doesn't mean that you can't set them up, but it does mean that you can't tell either of them you are setting them up. Here is what you do: you invite them both to whatever event you've organized, then you sit back and see if they connect. Nothing more, nothing less. If he doesn't take the initiative on his own, nothing happens, and that's OK - or at least, it isn't something you can correct by stepping in and facilitating the connection any more than

you already have.

Of course, it isn't always the case that the person you are trying to set up has any problems dating or attracting the opposite sex. Maybe they have plenty of options, and you just happen to know someone who would be a great match for them. But in these cases, you won't need to do anything other than introduce the two people anyway; they will be perfectly fine on their own if there is an attraction, so the strategy is the same: introduce, step back, and let it happen. Nothing more.

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2. [No, You Aren't a Good Wing Woman](#)
3. [Don't Initiate Contact](#)

Nice Guys Don't Exist

September 26, 2014 | by Andrew | [Link](#) | [Original Link](#)

Everyone adapts their behavior to the people around them, and in response to the situation at hand. We are nice to people we like and mean or bitchy to people we don't. We are friendly and cheerful when things go well and short-tempered or depressed when they don't. Yeah, sure, there are some people who are generally more disposed to (for example) mean or more egocentric behavior than others, just as there are some people who are more disposed to (for example) kind or generous behavior than others; but even they are more mean or kind to some people, and less egocentric or generous to others. And of course there are some people whose behavior is less affected by circumstance than others, but not to the point that it isn't affected at all – and not even to the point that it isn't affected significantly. We like to think of personality as static and constant, intrinsic to each person. But the reality is that personality is merely a name we give to a set of behaviors coming from an individual; and those behaviors are very much mood-driven, situational and dynamic.

This misconception plays into our perception of the opposite sex significantly. Consider how frequently you change your behavior towards the men in your life...

If I approach a girl in a bar awkwardly, and then speak to her in a low voice because I am nervous, she isn't going to be attracted, and isn't going to respond well. The fact that she is short with me, or excuses herself immediately to go to the bathroom doesn't mean that she is a "bitch;" it just means that I didn't attract her enough. The next guy who approaches her might approach her confidently and genuinely, and have her wrapped around his finger the rest of the night.

If I have a dead-end job and lack ambition, my girlfriend isn't going to respond to me in the same way as the guy she dates next (i.e. after she dumps me), who is intentional in his career and gainfully employed in a position he truly enjoys. I might tell my friends that she was "cold" or "distant" but they'll know as well as I will that her next boyfriend probably has none of the same problems. Or maybe she is the one complaining that he is cold and distant.

The same kind of girls that ignored me when I was young and lacked confidence now treat me entirely differently, because I am older and far more sure of myself. At twenty years old, it was tempting to view those girls as stuck-up or bitchy; but the reality is that they were probably acting like angels towards some 30-year-old who was much more attractive due to his age, maturity and position in life.

I am not saying all of this to make a point about women, but to make a point about men – because men work exactly the same way. It is easy to believe that a certain guy is an asshole because he dumps you without an explanation, or that another is an authentically nice guy because he treats you well. But I am telling you: those men behave in entirely different ways with different girls.

The guy who you think is a player because he hits on three other girls before taking you home, then never calls you the next day – I guarantee that he is genuine and respectful and serious with other girls he dates. I know this because I've been that guy plenty of times. Some women I treat well and

with respect, and others I don't. If I see a girl I'm attracted to and whom I respect, I change my game completely. My male friends do the same.

The guy who is a dismissive asshole to you is a babbling, nervous idiot with the girl he is crazy about, and the guy who is such a gentleman to you absolutely crushes the hopes of girls that he doesn't find attractive, or doesn't respect. Likewise, the guy who never calls you back isn't "flaky," he just doesn't care that much about you. I am sure there is a girl out there who has complained that he was needy and contacted her too much. And I am equally sure that the guy you were dating who seems to have "commitment anxiety" has at some point in his life practically begged to be in a relationship with a girl.

The thing is, nice guys don't exist. "Douchebags" don't exist. The behaviors we describe with these terms are not innate and static characteristics of any given person; they are behaviors that change depending on the other person involved and the circumstances surrounding the interaction. Of course there are men out there who are more disposed to certain types of behavior than others; but the degree of attraction a man feels for you will affect his behavior towards you far more than anything intrinsic to his personality, and the degree of attraction he feels for you is significantly affected by the kind of behavior you'll accept from him.

So instead of complaining about the dearth of nice guys or the abundance of douchebags, start thinking about what you can do to make then men in your life treat you the way you want. Because that is what is going to make the difference – not finding some "perfect guy" with some supposed personality type. You don't find perfect men, you elicit perfection from men.

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The Fantasy of Nightlife

October 12, 2014 | by Andrew | [Link](#) | [Original Link](#)

When women go out, they are done up: they have makeup on, their hair is done, they are wearing heels, wearing their best clothes, etc. In addition, nightlife venues are almost always dimly lit, so that any cosmetic imperfections are hidden. In other words, they look their "best."

Men also get dressed up when they go out; but more importantly, they drink. The alcohol makes them more social and confident, more willing to go for what they want. And the magnum of Grey Goose they bought makes them look more important than they are. The loud music and bustling environment makes it unnecessary for them to lead a real conversation, so any lack of social skills is masked. In other words, they also look their "best."

Granted, men often over-drink, in the same way that girls often over-dress. Taking extra shots is the male equivalent of wearing too short of a skirt, or too much makeup. But the point is that, in nightlife, men and women lean on the crutch of added confidence or beauty (respectively) in order to appear more attractive to the opposite sex. The interesting thing is that, in addition to leaning on their own crutch, both sexes actually lean on the opposite sex's crutch as well...

When men go out, they indulge in the belief that they can get girls who look like supermodels. The truth, of course, is that these guys can only get girls who look like supermodels in the club, and only when they themselves have liquid courage to assist, or loud music to mask their insecurity, or when they have the best table in the club to hide the fact that they are a run-of-the-mill manager in a medium-sized company.

When women go out, they indulge in the belief that they are attractive enough to get confident and powerful men to approach from across a room; but the reality is that they can only attract the men who can act confident after a couple drinks, or guys who know how to look powerful in a nightclub.

While this dynamic is far more exaggerated in nightclubs than it is in bars, it still exists in degrees wherever women are dressed up and men are drinking. Women lean on their appearance and sex appeal to be more attractive than they are normally, men lean on alcohol and status symbols to be more attractive than they are normally; and both sexes bask in the glow of the "results" they get in those circumstances.

This isn't necessarily a problem as long as you recognize what is going on, and enjoy it for the fantasy that it is. But it can be a problem if you let yourself slip into the mentality of "I get a lot of attention from the opposite sex," when the reality is that you only get a lot of attention from the opposite sex when you go out – in other words, when you participate in the fiction of nightlife. This is significantly different from being able to attract someone in normal life, and assumptions to the contrary might be fueling your complacency.

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1. The Analogy Between Confidence and Beauty
2. Bars Are a Bad Place to Meet Women
3. Bars Are a Good Place to Meet Guys – Part 1
4. Nightlife Tip 1 – Create Space at the Bar

Fat Women Look Hotter in Tight Clothes

October 20, 2014 | by Andrew | [Link](#) | [Original Link](#)

I hear the following conversation regularly:

Guy 1: “Man, check out that girl in the yoga pants [or any tight article of clothing] over there.”

Guy 2: “Damn, she is hot. I love when girls wear yoga pants.”

Guy 1: “Yeah, me too... except fat girls, that is just disgusting.”

Guy 2: “Haha well yeah, not fat girls. That is just gross. They shouldn't be allowed to wear stuff like that.”

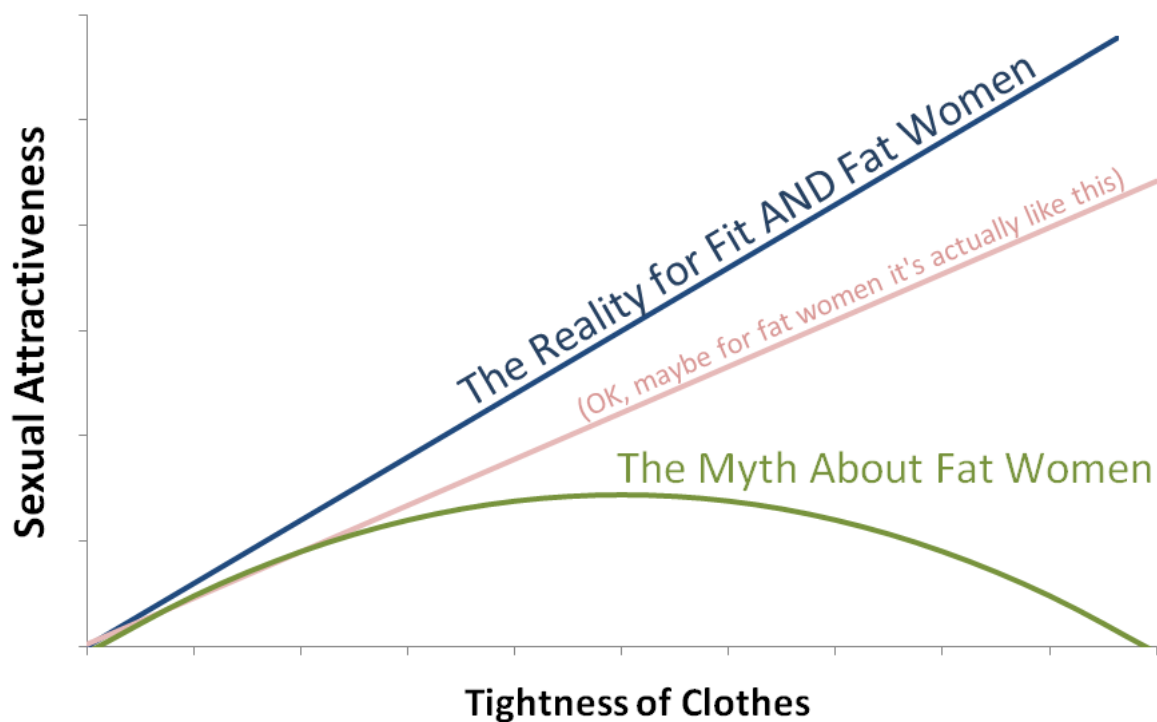
This line of thinking always bothers me. The implication is that, while tight clothes make fit women look more attractive, they make fat women look less attractive, and should therefore be avoided by any woman that is overweight. But this simply isn't true. Fat women, though unattractive, still look more attractive in tight clothes than they do in loose ones.

I know a lot of readers will initially disagree – men included. There was a time when I disagreed myself. In fact, I used to participate in the very kinds of conversation I am criticizing. But eventually I started paying attention to fat women rather than just dismissing them, and in doing so I realized that what we were saying wasn't true at all. What happened was that, on a few occasions when out with female friends or acquaintances, they started criticizing heavy-set girls for wearing tight clothes. They said things like “She shouldn't be wearing that, look at her stomach!” or “That girl needs to go home and lose 20 lbs before getting in a swimsuit like that!” But when I looked at the same girls they were criticizing, I found myself attracted to them, precisely because of their tight clothes. I had enough imagination to recognize that the very same girls in loose clothes would do absolutely nothing for me; but in a tight dress or yoga pants, I was checking them out.

Look, here is the thing: the female figure has evolved to be attractive to men, and it shines most when its natural curves can be seen. This holds true even when those natural curves are covered in fat; which makes sense, because (except in severe cases of obesity), the woman's proportions still exist. Loose clothes only serve to mask a woman's figure. When a fat woman wears loose clothes, it makes her look like a mass of floating fabric. You not only still know that she is fat, but you also forget that she is a woman. True, a tight dress might show that a woman has a gut, but loose clothes don't hide it - they just hide her femininity.

Granted, there is probably a way in which an overweight woman can choose clothes very carefully in order to play down her weight while playing up her curves; but these clothes won't necessarily be loose. Anyway it is somewhat beside the point, which is that, on the whole, tight clothes still make fat women hotter, even if they don't make fat women hot. You might be able to argue that fat women gain less attractiveness than fit women by wearing tight clothes - great, no problem; I am just saying that they don't lose it.

It's been too long since I illustrated anything on here, so let's do so with a plot:



If you still aren't convinced, it might be worth pointing out that the mistake I am accusing people of making is actually a very common one in human reasoning. It's easy to think that something is a certain way (i.e. unattractive) because of something rather than in spite of something. In other words, it is very easy to believe that a fat woman is unattractive because of her tight clothes, when the reality is that she is unattractive in spite of the tight clothes. The tight clothes make a woman's BMI a little more evident, so people are more prone to make this logical leap; but that doesn't mean they are right in doing so.

Conversations like the one above happen because men like to indulge in the idea that fat women are unattractive. It makes them feel better about their own sexual attractiveness to look down on someone else's. If they have to slip through a logical loophole in order to do so, they aren't going to lose sleep over it. And the girls who mock fat girls for wearing tight clothes usually just aren't secure enough with their own bodies to wear something that tight. They aren't mad at what you are wearing, they are mad because it reminds them of their own insecurities. Of course, it is easier to mock the fat-but-confident girl than it is to face up to your own body issues, so that is exactly what they do.

Anyway, fat and overweight ladies: don't be shy about wearing tight stuff to the gym, bikinis on the beach or tight dresses to the club. You can ignore the guys and girls that claim you should cover up, because their complaints say a lot more about their self-confidence (or lack thereof) than anything about how you look in spandex. And yoga pants might not make you look like a supermodel, or even thin, but they still turn guys on more than your baggy jeans.

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"I'm Not Like Other Girls"

October 29, 2014 | by Andrew | [Link](#) | [Original Link](#)

Dating and relationships are rife with cliché lines and expressions. People hear them in movies or on television, and then rehash them because they seem like the appropriate thing to say when the narrative of their relationship starts to vaguely resemble the script of their favorite romantic comedy. You know what I am talking about - things like "Let's just be friends," "I had a really great time tonight," "It's not you it's me," etc. But one of the most overused lines comes up when a man makes a sexual advance with a girl he just started seeing. Every guy knows the line I am talking about here:

| *"I can't do that... I'm... I'm not like other girls."*

If girls had any idea how often guys hear that line, they'd cringe at the mere thought of using it. I cringe every time I hear it, just because I've heard it so many times before, and hate clichés. But most girls probably didn't realize how common it is, because it is always said in private, out of earshot of other girls. Now you know.

Of course, the irony is that, in the very act of saying she is different, the girl saying so is being exactly the opposite of different. Perhaps the greater irony still is that, from a guy's perspective, her saying so is actually a pretty good sign that she is about to say yes to sex. Some guys realize this more than others, but the ones that do know that the girls who really are different (in the sense that they don't have sex very quickly) don't feel the need to verbalize that fact in order to convince anyone.

Now, if you are a normal American girl, you've probably said this yourself at some point. And that's OK. I've said just as stupid and equally cliché shit to girls before. Most guys have, so I'm not pointing fingers. And actually, I'm not even accusing you of being like every other girl. For that matter, I'm not even saying that you shouldn't be like every other girl when it comes to sex. I am just pointing out that, if what you say is true, then you don't need to say it; and you actually undermine your credibility in the very act of doing so.

So if you really want to prove to a guy that you are different from other girls, just be different from other girls, and leave it at that.

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Be Patient

November 10, 2014 | by Andrew | [Link](#) | [Original Link](#)

Blogs that give dating and relationship advice can be hugely motivational. When you read them, you can feel like you've uncovered some huge secret, and that everything in your life is immediately going to change for the better. The e-mails I get from readers confirm this. I've had the same feeling myself many times in the process of reading about how to improve my workouts or to improve my success with women.

In spite of being a little naive, this feeling isn't a bad one. In fact, it is often a great one in the sense that it usually results in the kind of enthusiasm that propels you a long way towards success. But a few months later, when reality sets in, and you start to realize that what you read didn't completely revolutionize your results with men - that that you are still single, or that you still haven't been asked out - it can be easy to lose steam.

Putting advice into practice is never as smooth and easy as experiencing the initial "wow" factor when receiving or reading it. That one post you read about personal boundaries might have completely changed the way you think about behaving towards the men you date, but following through under the sway of a man's attractiveness proved far more difficult than you expected. Another post affirmed your emotional intelligence and gave you all kinds of confidence in yourself, but the practical applications were difficult to find. And although you agree with that post that claimed you can control your looks to a very large extent, there just isn't enough time in the day to worry about everything you'd need to in order to look your best. Ideas are perfect; reality is anything but.

However, after you go through a few (maybe even several) of those initial "wow" moments, only to find yourself disappointed by your progress, you start to realize something: you really have changed. You really have improved. The progress is much rougher and more halting than you expected, and certainly far slower than you hoped. But when you look in the mirror a couple years after you started, you really do see a different person - one who has changed for the better.

Ideas work on the mind in subtle but powerful ways, such that their effects are often unrecognizable for a long time after their seeds are planted, or even after those seeds have taken root. The efforts you make might seem to have next to no impact at first, but they do slowly and inevitably accumulate. Eventually, if you work hard and thoughtfully, you will see real changes. They might not be what you dreamed of at first, but you wouldn't appreciate them if they'd come easily. And what you find is that, although the improvements are far smaller than you expected, they are also much more satisfying than you expected - you don't need to improve as much as you think you do to be happy.

Eventually you learn to temper your expectations so that they don't get out of control each time you digest a new idea or learn a new lesson. This also serves to rein in your disappointment when you find yourself feeling like you've made no progress since a few months ago, when you were sure that you finally figured out what was wrong. Experience teaches us that each new effort made and new truth learned is not some panacea that will change our world overnight, but rather a small (yet

important) piece of a very large puzzle – one that we will continue to work on for a long time, perhaps for the rest of our lives. This recognition is a sign of maturity, and the first step toward real, concrete progress.

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No, Your Intelligence Isn't the Problem

December 17, 2014 | by Andrew | [Link](#) | [Original Link](#)

I get e-mails from girls all the time telling me that they are attractive, sweet, well-dressed, fun, etc. but can't seem to get the guys they want. They then point out that they are working on a PhD and conclude their question by asking whether or not their intelligence is intimidating men and therefore turning them off. I get similar questions about career success: "I am doing everything right but I am very highly paid - does that intimidate men?"

This is the equivalent of a guy pointing out that he is smart, tall, reasonably good-looking and successful in his job, but struggles to attract girls - then asking if it is because his muscles are too big. I mean, after all, maybe that's what is keeping the girls at bay, right?

If you are a rocket scientist, there is a chance that your academic prowess might be intimidating to an average guy, in the same way that a steroid-injected meat-head's muscles might be a little much for the average girl. Yeah, sure, there is a risk that pouring too much of your energy into academics will turn guys off a bit, especially if it is done as a mask for your feelings of inadequacy with respect to other women. It's the same risk that a guy runs when he devotes the majority of his free time to getting jacked, especially when it is done as a mask for his feelings of inadequacy relative to other men. But the muscles themselves aren't the chief problem, and neither is your degree or your job.

It's way more likely the case that you are underestimating the importance of your weight, or that you cut your hair way too short, that your posture is horrible, that you talk like you want men to believe you're stupid, or that you don't realize how much your lack of boundaries is making men dismiss you. These are the kinds of things that actually turn men off, in the same way that low self-esteem and low intelligence are the kinds of things that actually turn women off (not coincidentally, these are common problems among meatheads).

The women who ask this question are always asking "why don't I get any attention from the men I want?" Their question is never "why do I get tons of sexual attention from men, but none stick around?" (some do ask this question, but they never then go on to blame it on their degree or job). If a woman were asking the latter question, I still wouldn't jump to the immediate conclusion that her degree or salary was the problem; I would look first to her personality. But if a girl isn't even getting sexual attention from the guys she is concerned about intimidating, I guarantee her hypothesis about her threatening intelligence is wrong. Why? Because there is a remote possibility that men will be intimidated or turned off by a woman's brains or job when they are considering her as a girlfriend or spouse, but there is no possibility that it will prevent at least some guys from trying to get in her pants. None whatsoever. Men go for the girls they are physically attracted to, then choose from those the ones they are personally attracted to. Only after that do they take into account things like brains and (much later) salary or professional success. You can't blame academic or financial intimidation on your inability to get a boyfriend or husband if you aren't at least getting sexual attention from the men you want; it'd be like blaming the power outage in your house on a government conspiracy or that neighbor you hate... during a raging thunder and lightening storm.

No, in all likelihood, your academic degree or high-paid position isn't the fundamental problem; but it is an very convenient scapegoat - and an ego-boosting one at that. It is a hell of a lot easier and more satisfying to blame big muscles or advanced degrees for your lack of success with the opposite sex than it is to find out (or admit) what's really wrong. And for women, what is really wrong almost always has something to do with your looks or personality, which, thankfully, are both very much controllable.

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Interpreting Male Compliments

January 20, 2015 | by Andrew | [Link](#) | [Original Link](#)

When people change something about their appearance – their hairstyle, clothes, makeup, hair color, etc. – they often rely on the feedback that they get from others in deciding whether or not they themselves like the change. I hear people say all the time (after updating their look) “Yeah, I wasn’t so sure about it, but people seem to like it.” Of course, this often goes unspoken, but in general people take others’ compliments at face value. This is the problem I want to address.

Let me start with a couple examples. A female coworker recently showed up at the office with short hair. Whereas previously it had been mid-back length, she’d cut it to be only a few inches long. It looked OK at best; but she looked significantly worse than she had with long hair. When she walked into our area of the office for the first time, the “feedback” started...

| **Guy 1:** “Oh, wow you cut your hair – it looks great!”

| **Guy 2:** “Yeah, wow, looks good.”

| **Guy 3:** “You look much younger.”

(I didn’t contribute, because I’d run into her earlier in the day and after expressing my surprise at barely recognizing her, told her it looked “stylish” in an unenthusiastic tone.)

When she walked out of our area and out of earshot, we all looked at each other. Guy 1, who had previously always talked about how sexy this girl was, burst out immediately: “Maaann, it looks horrible! What did she do???” We all agreed.

Another time, a girl walked into the same area of our office wearing a new shirt, which was bright green. It drew attention, but it looked horrible. It didn’t work with her complexion at all. Immediately, one guy – who is particularly attractive to most of the girls in the office – said “Nice shirt. Good color; green looks good on you.” I am sure she walked away thinking to herself “Wow, I guess green is my color.”

In the first example, obviously the intention behind the compliment was to make the cute girl feel good, or at least to avoid making her feel bad. This is fairly easy to recognize and understand. But something different is at work in the second example, and I’ve been recognizing it happening more and more in my daily life as I’ve come to realize what is going on: people respond positively to the things they notice, not to things that are positive. A person might see a friend and think “wow look at that new belt” because it really stands out, or “wow her hairstyle (or color) is completely different today.” But then, because it is so noticeable, they feel the need to acknowledge it. Once they’ve acknowledged it, the same phenomenon at work in the first example kicks in: they feel the need to make the person feel good about it, and an inaccurate compliment is the result. So in the end, “nice haircut” actually just means “I noticed your haircut.” And if you subscribe to the school of style that says “you should wear your clothes; your clothes shouldn’t wear you,” then you realize that this is more often a bad sign than a good one.

I’ve occasionally been given compliments like “you look good in grey.” However, knowing what I do

about wearing colors that compliment my complexion (I look OK in grey, but not great. I wear grey because it is an easy color to find in stores and doesn't look horrible on me), and recognizing that these compliments came from someone with the desire to make me feel good, I realize that what they really meant was "You look good," and "you wear a lot of grey." But the causal link between those two facts was purely in the eye of the beholder - or rather, the complimenter.

But the problem isn't only that people get inaccurate feedback when they wear or change things in extreme or otherwise noticeable ways. The problem is that when people change things in subtle-yet-powerful ways, they get no feedback whatsoever. The best changes more often than not draw no feedback, while the worst changes draw compliments. If you pay attention to others' opinions, you'll end up with a completely skewed opinion of what makes you look good.

The best compliments are those that are mistaken, or indefinite. I've had this happen to me several times. One time my receptionist told me "Andrew, you look great today! Did you change your hair?" I hadn't touched it. In fact, nothing was different about me that day except for my shirt. It happened to be one that I didn't normally wear, but which, in retrospect, perfectly complemented my complexion. Her compliment of my hair was actually a compliment of my shirt.

So pay attention when people give you general or indefinite compliments: "you look very... vibrant today," or "something looks different; I like it," or "did you change your hair?" (even though you haven't). If you reflect when you receive compliments like this, you can often decipher them to understand their source. And if you succeed, you can rely on your interpretation of that vague or mistaken compliment far more than you can rely on normal "compliments," which are often little more than sugar-coated observations.

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Book Update

February 14, 2015 | by Andrew | [Link](#) | [Original Link](#)

In July I posted an announcement that I'd finished working on a manuscript for a book about breakups. While I never committed to an exact release date, I mentioned that I expected to have it out within a few months. I certainly expected to have it edited and published before the end of the year. Clearly that hasn't happened, and I know from the emails and comments I receive that many of you are eager to read it, so I want to give you an update.

Let me start by saying that the book is definitely still coming out. Content editing took longer than I anticipated, but is now complete. At the moment, the manuscript is undergoing copy editing, which I expect to have finished in a few weeks. In parallel I am working on the cover design, but I already have a few solid concepts, so this should be finished before the editing, so hopefully this won't hold things up.

Once all that stuff is done, I'll need to order a proof copy, make adjustments as needed, and proof again. How long that process will take is a little unclear, but I expect it won't be more than a couple weeks. All said and done, I suspect the book will be out in a couple of months.

To hold you over, below is a chapter list, which makes the content pretty transparent. The chapters are almost all very short, like a typical blog post, so don't be intimidated by the chapter quantity. The full book will be about 200 pages.

It is probably also worth pointing out that although some of the chapters have the same titles as blog posts, and are based around those posts, most of them have been significantly expanded. A couple have been almost completely re-written, notably the first two.

More information is here in [the original post about the book](#).

Chapter List

| Introduction

Part 1: Understanding What Happened

| Men Don't Fall in Love the Same Way Women Do

| The Analogy between Sex and Commitment

| Why This Always Happens to You

| Changing Your Perspective

| Why You Didn't See It Coming

| Men Don't Have "Commitment Problems"

| The Difference between Liking You and Liking You Enough

| Why Men "Fade Out"

| You Weren't Dating Him in the First Place

| The Small Things Didn't Matter Anyway

| Why Your Ex (Who Dumped You) Is Still Contacting You

- Your Ex and Guilt
- Your Ex and Pride
- Your Ex and Decisiveness
- Interpreting His Emotions
- What's Going Through His Mind

Part 2: How to Handle the Breakup

- The Importance of Silence after a Breakup
- No, You Can't Be "Just Friends"
- How to Know If You Should Cut Him Off
- Why It's Never Too Late
- Why You Should Tell Him That You Are Cutting Him Off
- What to Say
- Managing Your Expectations
- When You Should Fight to Save Your Relationship
- Exceptions to the Rule
- How to Know If You Should Dump Him First
- When He Cheats
- The Anatomy of Missing Him

Part 3: Following Through with the Breakup

- Making Him Jealous Doesn't Work
- Seeing Him at Work...
- Keeping in Touch With His Friends and Family
- Being Connected with Your Ex on Social Media
- Returning His Things and Getting Yours Back
- What to Do When He Contacts You
- When He Says He Wants Another Chance...
- Stop Sleeping with Your Ex to Prove He Likes You

Part 4: Moving on and Rebuilding

- You Are Responsible for Your Own Romantic Happiness
- Stop Letting Him Waste Your Time
- Know Why You Want Him Back
- Why Getting Him Back Won't Help
- Why Getting Dumped Is a Good Thing
- The Importance of Emotional Honesty
- Dating Again
- Putting the Breakup in Perspective
- When You Can Contact Him Again
- Reframing the Future

A Final Word

Thoughts on "The Manosphere"

March 2, 2015 | by Andrew | [Link](#) | [Original Link](#)

I suspect a good portion of the readers of this site have stumbled upon "The Manosphere" while browsing the internet for information about relationships – even if they haven't recognized it by that name. For those unfamiliar with it, [The Manosphere](#) is a very loose collection of blogs and websites written for men by men. They discuss male-related issues, with a heavy focus on the politics and social dynamics surrounding male-female interactions.

Perhaps more characteristic than the content itself (which can vary quite widely) is the underlying ideology, which champions self-improvement, the exposure of counter-cultural "red pill" truths about sexual dynamics, and a return to traditional gender roles for men and women. Sites like [Return of Kings](#) and [Chateau Heartiste](#) are typical of The Manosphere.

Recently, [a reader asked](#) whether I agreed with a post she'd read, claiming that [women should read Manosphere websites](#) (the post was written by a girl). By doing so, the post argued, women can learn a lot about men, and therefore more effectively attract the kind of man they want. What follows are my thoughts about this theory...

Let me start by explaining that I know about The Manosphere because I used to read it. I still do occasionally, as some of the blogs are still on my Blogger feed, and they often publish posts with titles that are hard to ignore, such as "[6 Reasons Why Fat Women Are Defective](#)."

In any case, the first thing you need to realize is that, in spite of the constant attempts to prove the contrary, The Manosphere is written by men who are bad with women. At least, it is written by men who have a history of being bad with women. I know this in part because being bad with women was how I discovered The Manosphere. But you don't need this "takes-one-to-know-one" perspective to see that posts titled "[The Age of Flakes](#)" or "[How to Get Rid of Approach Anxiety](#)" are written by guys (and of course, for guys) who have a lot of room for improvement.

Let me emphasize that I see nothing wrong with this. When a guy wakes up in his early twenties and realizes that he has crippling anxiety about talking to women, it is usually due to causes that were somewhat beyond his control - the way his parents raised him, for example. The fact that these guys are taking steps or even strides towards changing that fact is laudable. I am not mocking or pointing fingers here; I am just pointing out that the basic characteristic common to the authors of Manosphere sites is that they have a history of not getting the kind of reactions from women that they want, which leads to the more important point: Manosphere writers come from a place of discontent with respect to what women think about them. A small subset of them might have learned a handful of techniques that get them to a point where they feel proud of their success with women, and a select few beyond that might have genuinely overcome their underlying sense of inadequacy with respect to women. But the rest still feel this dissatisfaction, even if they don't recognize or admit it.

Now, there are two ways a man can react when he is disappointed with his success with women. The first is to recognize an inadequacy within, and work towards improving. The second is to blame that

lack of success on women or circumstance, and give up. In The Manosphere, you'll find both. When I first discovered some Manosphere websites, I was looking for other men who had the first reaction; and I found enough of it to keep me interested for a while. But it was the realization that the majority of the writers were indulging in the second reaction that ultimately caused me to stop reading. In the same way that I eventually stopped appreciating Taylor Swift because I heard enough of her songs to realize that she has a major victim syndrome, I was turned off by The Manosphere's writers once I read enough to recognize what lies behind most of their complaints: dissatisfaction with themselves and the need for a scapegoat.

Let's look at an example to illustrate this: if a guy is approaching girls and they are rejecting him by turning immediately to look at their phones, there are two ways of explaining what is happening. The first is for the guy to admit that he is approaching these girls awkwardly, or that he is dressed poorly, or that something else is wrong. Then he can either work to improve or lower his expectations accordingly. The second way is to blame it on women or smartphones – or both. A nice way to confirm this opinion is to read (or write) an article claiming that "Women Who Own iPhones Lose The Ability To Love" and read all of the affirming responses in the article's comments section. Of course, the guy has to overlook the fact that the positive comments come from other men who've been similarly snubbed by girls, and are similarly looking for confirmation that it wasn't their fault. You, meanwhile, read such an article and are left wondering if maybe your phone is preventing you from attracting men. The reality, of course, is that your instinct to look at your phone all the time says much more about his timidity in approaching you than anything about your receptiveness.

I am not saying that all men in The Manosphere hate women. I am not even saying that any one of its writers hates women. But I am saying that The Manosphere is built on the tiny feelings of satisfaction that its thousands of readers – many of whom are normal guys who have a fairly healthy relationships with women – feel every time they can laugh or take a jab at what has caused them pain at some point in their past: women. I know because I've felt the temptation to do so myself, and I've seen the same tendency manifest itself as a wide spectrum of self-supporting-yet-delusional beliefs (held by men and women alike, and not necessarily related to dating). Men like reading The Manosphere for the same reason that women like songs that tell them weight isn't so important when it comes to attracting men: because it's easier than admitting that they're going to have to work harder.

I can absolutely see how a girl would be drawn in to The Manosphere. In a world of sappy, sugar-coated, "everything-is-going-to-be-all-right" dating advice, the stuff you read on The Manosphere stings just enough to be believable. You might even applaud yourself for pushing through your initial distaste for what you read in order to learn from the "harsh truth" beyond. But just because the truth is often harsh doesn't mean that harsh claims are necessarily true. Just because everyone else lies to you to make you feel good about yourself doesn't mean that the person who makes you feel bad about yourself isn't full of shit too. And as I explained above, there are good reasons to believe that a lot of The Manosphere is full of shit. What seems like a collection of articles written by men with absolutely no motivation to lie to you is actually a collection of articles written by men who feel shunned and mistreated by women in general (or at least have a history of feeling that way), and therefore have an underlying desire to believe that the playing field of sexual dynamics is tilted back in their favor. There is a reason why reading The Manosphere makes you feel like it kind of sucks to

be a girl. What better way is there for a guy in his 30s to compensate for the feelings of sexual impotence he had in college (when he was surrounded by beautiful girls he couldn't get) than by inflating the importance of youth when it comes to female attractiveness? The assertions of The Manosphere are simply too convenient to be completely believable.

Yes, it is partially true that society has lost sight of what these guys call "red pill" truths; I am not denying that. But the very fact that they use metaphors from The Matrix should hint at the fact that many of them have issues with attracting women; and the almost singular focus on pointing out female shortcomings should suggest that maybe, just maybe, they hold their world-view because it conveniently puts them back into the place of power they feel so incapable of occupying. Ever notice how the most ardent modern-day Feminists are fat and ugly? The most vocal authors in The Manosphere are the masculine manifestation of exactly the same phenomenon: the phenomenon whereby people subconsciously choose beliefs that reassert their importance and agency in the world. The modern Feminist says "I am not good-looking enough to compete with Victoria's Secret models, so the standards of beauty they idealize must be inaccurate and unfair." The Manosphere writer says: "I am not getting the attention from women that I want; it must be because the girls in my country are selfish and entitled."

I don't want to paint the whole Manosphere in a bad light. From what I've read of his stuff, the guy who writes Chateau Heartiste seems pretty damn smart, and I admire Roosh's drive and bold individualism. There are definitely a lot of intelligent guys writing some very insightful stuff in The Manosphere, and there is a lot that both women and men can learn from reading it. The problem is just that there is a lot of bad mixed in with the good. And although it might be easy to identify the posts that are flagrantly wrong, even the sharpest readers will have trouble distinguishing the truth in the grayer areas.

So I am not going to tell you not to read The Manosphere. I've never liked the idea of censorship, and who the hell am I to tell you what to read anyway? But if you do choose to read The Manosphere, you need to recognize that you are walking through a minefield of ideas, where a lot of what you'll read is colored by the authors' need to feel sexually powerful. Yes, occasionally the complaints you read about women on those blogs will be honest and accurate expositions of things that women are doing wrong; but more often than not they will be frustration-fueled attempts to blame someone or something else for the fact that the author can't get the kind or quantity of girls he wants. That being said, being aware of the mindset behind what you read in The Manosphere should go a long way towards being able to distinguish the truth from the wishful thinking. So my advice is simple: keep this fact in mind, and read carefully.

One last note, especially for the men reading this: most of the good information contained in The Manosphere, and a lot more besides, minus all of the posturing and complaining, can be found on a website called Animus Empire. Women, of course, can find the good without the bad on blogs like this one.

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Your Hand Can't Hide Your Ass

April 7, 2015 | by Andrew | [Link](#) | [Original Link](#)



There's one thing some girls do that never fails to make me laugh. When they walk by a group of guys and suspect that the guys will check out her ass, they try to subtly drape their hand across their butt in an attempt to shield it from the guys' view. This is always funny because (a) it's never subtle and (b) it is absolutely ineffective. Although some girls might only be trying to "disrupt" the guys' view, rather than block it completely, it simply doesn't work. Whatever curve (or lack thereof) you might be successful in hiding on one side of your ass can just as easily be seen on the other. You'd have better luck trying to shade yourself from the sun with a broomstick.

But, as you might have guessed, I am not writing this just to remind your of your body proportions. No, there is something more important going on, and the attempt to hide your ass is just the symptom. By hiding your ass, you are either expressing insecurity about your body, or else you are showing your lack of comfort with male sexuality.

If you are trying to hide your ass because you don't like the way it looks, you are essentially saying "I am discontent with my body, so I am going to try to hide it." And I get that no one is completely content with their body; it's the hiding it part that is the problem. The alternative, of course, is to say "I am discontent with the way my ass looks, so I am going to do something to change it." By draping your hand across your butt, you are being dishonest rather than proactive. You are doing the same thing as the guy who, when asked by a girl what he does, tells her he "has his own company," when the truth is that he works at his dad's gas station for 50 hours a week and is making a weak-at-best attempt to start a website selling graphic t-shirts on the side. In the same way that he needs to start admitting what he really does with 95% of his time (and then doing something to change it if that makes him uncomfortable), you need to let men look at your ass for what it is, and then use the resulting discomfort as motivation for squats, lunges or dieting.

Granted, the guy who checks you out from behind probably isn't being completely honest either. If he were, he wouldn't wait until you passed to "steal" a look at your ass; he would do it while you are watching. Of course there is the practical consideration that a girl's ass can only be seen from behind, but this doesn't change the fact that most men are too scared or ashamed to express their sexual interest in a girl directly. Those guys probably liked your face or chest more than your ass, but checking those out would have required eye contact and revealing that they like you, which of course requires facing rejection. Anyway, just because most men are insincere in looking doesn't excuse you for being insincere in hiding. I am only saying so to point out that this isn't a gender-specific problem.



Now, if, on the other hand, you are attempting to hide your ass in spite of being perfectly comfortable with the way it looks, there is only one explanation: you don't feel comfortable with male sexual desire. This might be because of its intensity, or because you don't really understand it* (perhaps because you have no experience with it), or it might be because your sister or friend is on the receiving end of it far more than you. Whatever the case, it makes you uneasy.

You might attempt to defend this uneasiness by saying that you "don't like being treated like a piece of meat," but this is just an example of clever semantics putting a negative spin on a phenomenon that is so natural that you couldn't - or more accurately, wouldn't - exist without it. Straight men who are unmotivated by an attractive female body are about as common as women who are unmotivated by the idea of commitment. Good luck finding them. You either need to get used to that idea, or get used

to the idea of being single, because if you can't feel comfortable with the fact that a man feels sexually attracted to the curves of your body, you can't feel comfortable with men.

Let me be clear here: I am not trying to defend men who only care about a woman's looks (who, by the way don't exist - but this is the topic for another post), and I am not trying to defend rude or crass expressions of male physical desire, like cat-calling or groping. But I am trying to point out that it isn't normal or healthy for women to walk around constantly worried about whether or not men are looking at their asses. And it certainly isn't normal to awkwardly pretend that your limbs happen to be in conveniently "concealing" locations when they have no natural business being there.

So if you are one of the girls doing this, realize that men know what you are trying to do and it doesn't work. And if you want to dig a little deeper, recognize it as a sign of a psychological kink that you need to work on.

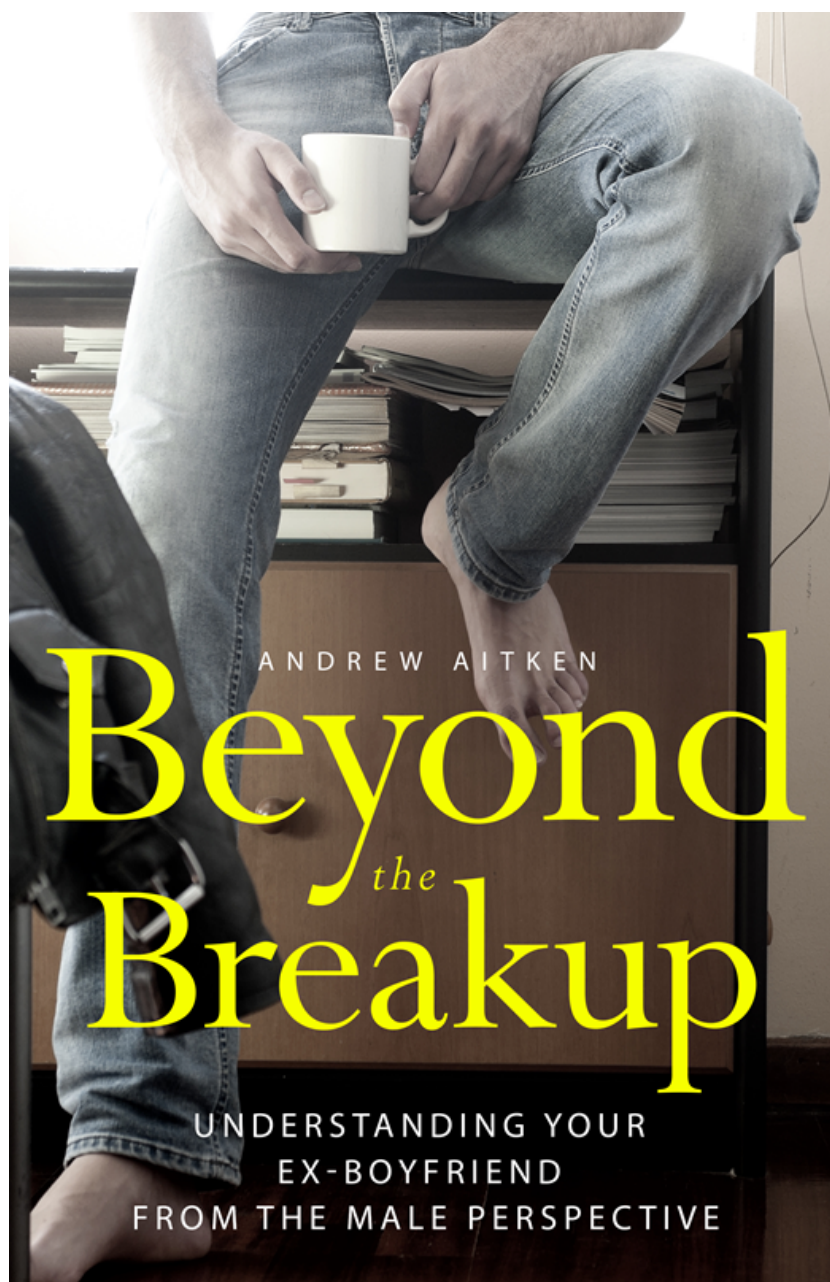
*Many men have a similar discomfort with the reciprocal, which is female emotional desire.

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Book Release: Beyond the Breakup

April 22, 2015 | by Andrew | [Link](#) | [Original Link](#)



After far longer than I ever expected it to take, my first book, *Beyond the Breakup*, is finally out. You can buy it in print format on the [CreateSpace eStore](#), [Amazon.com](#) or any of the [European Amazon sites](#). It is also available in electronic format on the [Kindle Store](#) (HTML format) or [Google Play](#) (PDF format).

As I've said [previously](#) (and I'm sure you can probably tell from the title and subtitle) the book is about understanding and handling breakups - specifically, the ones you didn't want to happen. For more detail about the content, I encourage you to take a look at the chapter list at the bottom of this post and read the book description just below the next paragraph.

As I've also pointed out previously, this book was originally intended to be a compilation of blog posts that I'd written about breakups and rejection; so if you are a frequent reader you'll definitely

come across some familiar content. However, in the process of compiling the posts, I realized that a lot more needed to be said, and the book grew considerably. I'd estimate that the blog material counts for only 20% of the total content, so even readers who have read every post on this blog will find lots of new material - most of which I consider my best work to date.

Here is the description from the back of the cover:

"It might seem a bit backwards to write a relationship advice book that deals exclusively with breakups and rejection. It would be a lot more obvious to write a book that explains how to attract a man – or at least how to keep the one you already have. Better to give advice about how to start or maintain a relationship than how to deal with the end of one.

"However, it has been my experience that, for most girls, a painful breakup or rejection actually is the beginning, not the end. It isn't the beginning of a relationship, obviously, but it is the beginning in the sense that it causes them to question for the first time their approach to dating, relationships, and the opposite sex in general. It is the beginning of their efforts to make a change.

***"This book is not written for women with a weak spirit.** It isn't going to tell you how to mitigate the pain you feel in the wake of a breakup, and it isn't going to tell you that everything is going to be fine. And while it will tell you how to maximize your chances of getting your ex back, it isn't going to pretend that there are any 'tricks' to make that outcome likely. However, it will do something much more important: it will give you a strong insight into your ex's state of mind and male psychology in general. This will give you the foundation you need to navigate the breakup and – more importantly – propel yourself into honest and successful relationships with the men in your future."*

– Andrew Aitken

Here are some of the book's stats:

Word Count: 56,000

Pages: 200

Print Format: Paperback

Print Size: 5.25 x 8 inches (13.3 x 20.3 cm)

Anyway, enjoy, and please let me know what you think, either in the comments here, the comments on Amazon, or by e-mail. As always, you can contact me at therulesrevisited@gmail.com.

"It might seem a bit backwards to write a relationship advice book that deals exclusively with breakups and rejection. It would be a lot more obvious to write a book that explains how to attract a man – or at least how to keep the one you already have. Better to give advice about how to start or maintain a relationship than how to deal with the end of one.

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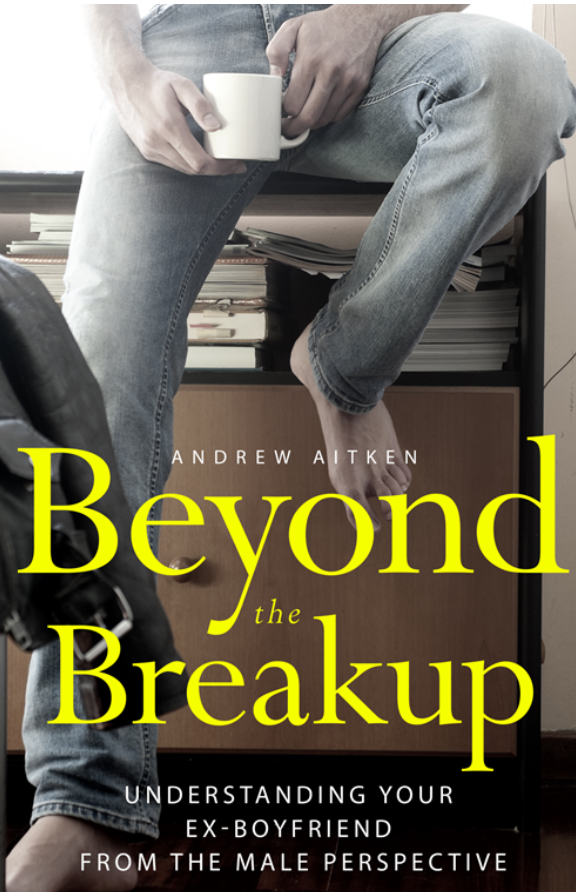
"**This book is not written for women with a weak spirit.** It isn't going to tell you how to mitigate the pain you feel in the wake of a breakup, and it isn't going to tell you that everything is going to be fine. And while it will tell you how to maximize your chances of getting your ex back, it isn't going to pretend that there are any 'tricks' to make that outcome likely. However, it will do something much more important: it will give you a strong insight into your ex's state of mind and male psychology in general. This will give you the foundation you need to navigate the breakup and – more importantly – propel yourself into honest and successful relationships with the men in your future."

– Andrew Aitken



Beyond the Breakup

ANDREW AITKEN



Chapter List

Introduction

PART I – UNDERSTANDING WHAT HAPPENED

Men Don't Fall in Love the Same Way Women Do

The Analogy between Sex and Commitment

Why This Always Happens to You

Changing Your Perspective

Why You Didn't See It Coming

Men Don't Have "Commitment Problems"

The Difference between Liking You and Liking You Enough

Why Men "Fade Out"

You Weren't Dating Him in the First Place

The Small Things Didn't Matter Anyway

Why Your Ex (Who Dumped You) Is Still Contacting You

Your Ex and Guilt

Your Ex and Pride

Your Ex and Decisiveness

Interpreting His Emotions

What's Going through His Mind

PART II – HOW TO HANDLE THE BREAKUP

The Importance of Silence after a Breakup

No, You Can't Be "Just Friends"

How to Know If You Should Cut Him Off
Why It's Never Too Late
Why You Should Tell Him That You Are Cutting Him Off
What to Say
Managing Your Expectations
When You Should Fight to Save Your Relationship
Exceptions to the Rule
How to Know If You Should Dump Him First
When He Cheats
The Anatomy of Missing Him

PART III – FOLLOWING THROUGH WITH THE BREAKUP

Making Him Jealous Doesn't Work
Seeing Him at Work
Keeping in Touch With His Friends and Family
Being Connected with Your Ex on Social Media
Returning His Things and Getting Yours Back
What to Do When He Contacts You
When He Says He Wants Another Chance
Reason and Distraction
Stop Sleeping with Your Ex to Prove He Likes You

PART IV – MOVING ON AND REBUILDING

You Are Responsible for Your Own Romantic Happiness
Stop Letting Him Waste Your Time
Know Why You Want Him Back
Why Getting Him Back Won't Help
Why Getting Dumped Is a Good Thing
The Importance of Emotional Honesty
Dating Again
Putting the Breakup in Perspective
When You Can Contact Him Again
Reframing the Future
A Final Word

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2. [Book Update](#)
3. [CLEO Magazine Interview](#)

You Shouldn't Want a Boyfriend

May 19, 2015 | by Andrew | [Link](#) | [Original Link](#)

The other day, a girl I've been seeing casually for a long time told me that she "really needs to find a boyfriend." I've known several single girls who have communicated this to me in one way or another, and they haven't only been hinting at the fact that they wanted me to be that boyfriend; they've also been expressing an honest desire. Some have suggested it through their behavior or by talking around it; but a few, like this girl, have said it explicitly.

The problem with wanting a boyfriend is that it isn't wanting a husband. Yes, of course, for some girls, saying "I need a boyfriend" is just an abbreviated way of saying that they want to meet a guy who they can date and who will eventually propose; but I wouldn't be writing this post if that applied in every case. Some girls only mean that they are tired of being lonely - that they just want companionship and to feel loved again. They might have some minimal requirements for the boyfriend, but the point is that those requirements fall significantly short of the ones they have for their future spouse.

If your end-game is getting a boyfriend, you aren't going to be filtering the men you date for their long-term compatibility. You'll get into relationships that you could have known from the outset would be terminal (if you'd stopped for a moment to think about it), and you'll end up wasting your time. So be honest with yourself about what you want in a man - maybe even write it down - and don't give in to the temptation of temporary companionship and affection.

Related Posts

1. [Know Why You Are Dating](#)
2. [Don't Let a Guy Waste Your Most Eligible Years](#)
3. [Why Men Are Capable of Commitment](#)
4. [How "Hard to Get" Should You Play?](#)
5. [Men and "Friends with Benefits"](#)

Your PhD Is His Eight-Pack

June 9, 2015 | by Andrew | [Link](#) | [Original Link](#)

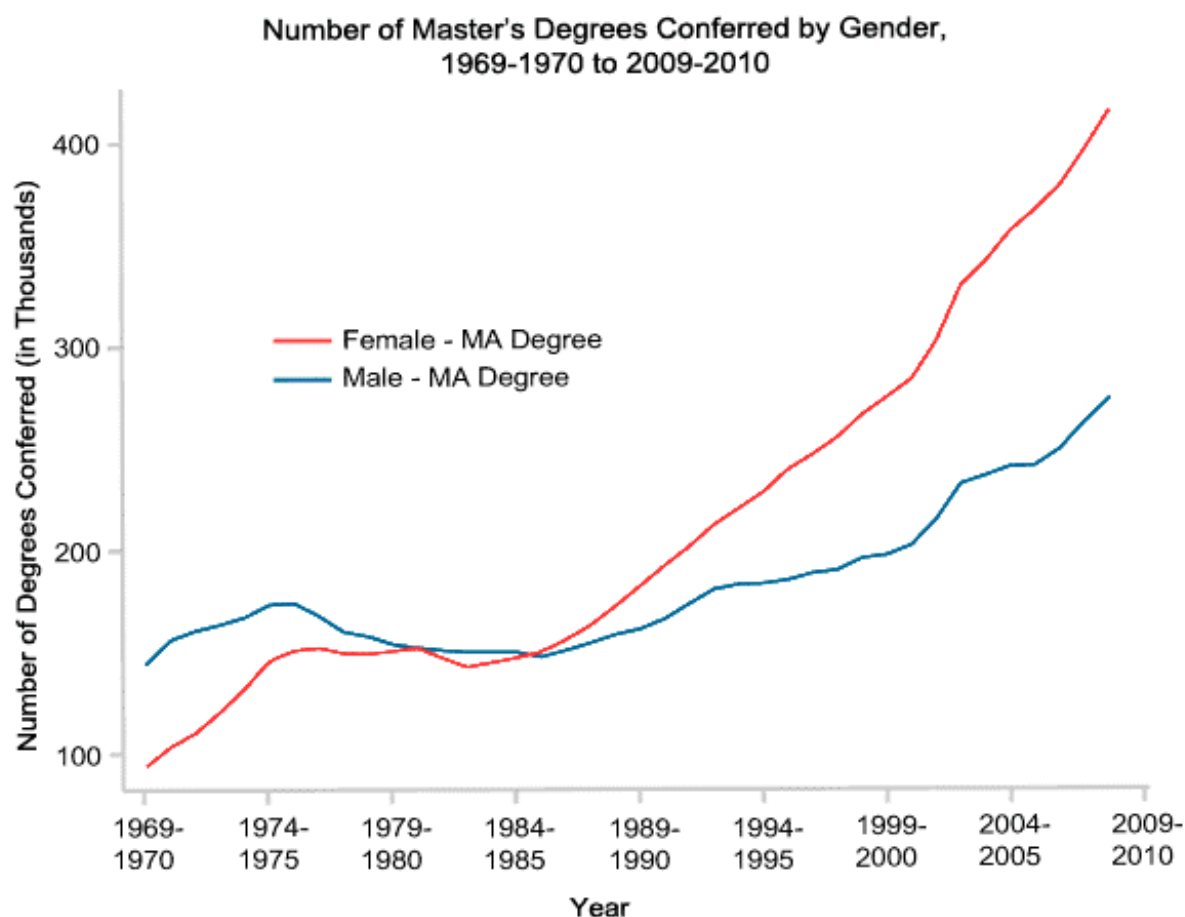
Everyone's talking about the whole "dadbod" thing, so it's been on my mind recently.

Before I say anything else, let me just make it clear that I resent having to reference something with such a retarded name. Modern American culture's tendency to come up with stupid names for stuff like this is almost as obnoxious as its ability to miss the point.

In any case, while on the surface the whole "dadbod" phenomenon looks like nothing more than a justification for men and women who want to be lazy about their appearance, I think there is something valuable in the idea, even if it lies a little beneath the surface. But in order to draw an important comparison to it, I first need to explain something else I've been thinking about recently, thanks to a recent podcast on Animus Empire and conversations with a couple girls I know...

These days, a lot of women out-perform men in the ostensible measures of "success." Whether this be with achievements in the workplace, academic degrees, financial earnings, or just the capability to make things happen, many women feel like they are better than men at their own game. And many women are.

But at the same time, a woman's physiology compels her to want to "marry up." In spite of the desire and ability to be successful by traditionally male standards, she also feels incapable of settling for a man who doesn't impress her with respect to those same standards.



Source: Snyder and Dillow, 2012

This is obviously problematic. When you as a woman are earning \$100k + per year or have dual Bachelor's degrees and a Master's, it is going to be pretty tough feeling like you've found someone impressive, because the vast majority of men earn about \$45k and drink their way through laughable degrees. I've met many girls in this situation – accomplished in all respects, but unhappy in their relationships and dissatisfied by their supposed success. (Perhaps unfulfilled is a better word, for reasons I explain in my new book.)

Most women don't intentionally choose this situation. They were raised in a culture that told them their personal worth was dictated by the position they could win in the office, or the degree they could earn in school. When they were too young to think for themselves and understand what their post-pubescent selves would want, they were pointed in the direction of traditionally masculine success, and told that they'd better work hard and marry their "equal" if they wanted to be happy in life. But anyone over the age of 30 knows that this is bullshit. Sure, no one wants to go back to 17th century and arranged marriages; but the idea that a woman can be happily married to a man who has no abilities in excess of her own is absurd. She might find a way to be content in that kind of marriage, sure, but content people take Zoloft.

This isn't something that only applies to women, by the way. Both sexes want spouses that are "better" than them; we just want the opposite sex to be better than us in very different and complimentary ways. Women typically want a man who is better than them when it comes to providing and protecting their family, while men typically want a woman who is better than them when it comes to raising children, creating a "home" (I mean this in the widest possible sense of the

word) and keeping the family connected to the outside world. I discuss one small aspect of this dynamic in the post [The Analogy Between Confidence and Beauty](#). If you haven't read yet, I suggest taking a minute to do so before finishing this one. The point is that women want men who are stable and capable ("confident"), while men want a woman who is fertile and a light in their life ("beautiful").



This is what your PhD or upper management position looks like. Anyway that brings us to the "dadbod." As I said, at first glance, the claim that women like men with mediocre bodies looks like an excuse for men to be sloppy and for women to lower the standard of comparison for their own bodies. And for many people, this is exactly how the concept will be used, without further consideration. But for those of us who are willing to think and work, there is a lesson to take away from the "dadbod." After all, [the article that started it all](#) was only popular because it touched on an important yet controversial truth, namely, that women and men want different things in relationships. Both sexes want to be better at certain things than their partner, and both sexes want the other to be better than them in some ways. To some degree, it actually does make sense for a woman to be "the pretty one." This doesn't excuse men from looking after themselves, but it does mean that

men who think that they have to tone and sculpt themselves into a Greek God in order to get girls are missing something much more important than bodyfat.

As usual, the useful takeaway here is reached by flipping the comparison to the other side of the sexual divide. Most women struggle with the concept that men don't like them for their accomplishments. They see accomplished men and feel attracted, so they have a hard time understanding why that same standard doesn't apply to them too. At the same time, most women - even if they don't agree that "dadbods" are sexy - at least can identify with wanting to be the pretty one in the relationship and disliking feelings of competition with their own partner. By this point, you probably get what I am going to say: as a man, dating a woman who is highly accomplished in traditionally male arenas is a lot like being a woman and dating a man with a perfectly sculpted body. Or we could state it like this: guys feel the same way about dating women who are more accomplished than them as you feel about dating men who are sexier than you.

Now, by all means, the correct solution for a girl who feels inclined towards guys with "dadbods" is to hit the gym and learn how to present herself (so she can get guys without "dadbods"); just like a guy who feels tempted to date stupid girls should find his purpose in life and work his ass off (so he can feel confident dating smart and accomplished girls). The fact that the sexes want different things doesn't mean it is right for guys to stop working out any more than it means that it is right for women to intentionally dumb themselves down intellectually. As I've stated in a million different ways on this blog, the answer isn't a reduction of the other, it is an augmentation of the self.

No, the whole "dadbod" thing doesn't excuse laziness, but it does serve as a reminder (albeit an awkward one) that each sex is looking for reciprocal qualities in the other. So think twice before pouring several years into developing the very quality you are looking for in the opposite sex. You only have so much time and energy to spend in developing yourself - spend it wisely.

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1. No, Your Intelligence Is Not Your Problem
2. Men Don't Care About Your Accomplishments
3. The Analogy Between Sex and Commitment
4. Human Energy Is Conserved

Ugly Girls Don't Exist

August 18, 2015 | by Andrew | [Link](#) | [Original Link](#)

Every once in a while I get e-mails from girls who have clearly resigned themselves to a life of lovelessness because they think they are ugly. This post is for them.

I used to feel sorry for ugly girls. When you're a young guy who still feels completely in awe of beautiful women, it's easy to fall into thinking that the girls who don't have a visual effect on you are incapable of enjoying the dating world. Female good looks were overwhelming to me at the time, so the girls without them mustn't have been able to get guys – or so my 22-year-old logic went, anyway.

This reasoning sustained some damage when I finally went out with some hot girls. Doing so made me realize that what my mom had been telling me for years was actually true: a girl's looks aren't everything. But this actually wasn't what put an end to my pity. That didn't happen until I realized that, when you frame the situation correctly, there actually isn't anyone to pity. Let me explain...

It's common knowledge that physical beauty in women consists mainly of signs of health, youth, and fertility. Wide hips are attractive because they are conducive to childbearing. Long, full, smooth hair is sexy because it shows that a woman has all the nutrients she needs to grow it. Big breasts are attractive because they emphasize a woman's ability to feed her child. Tight skin and big eyes are attractive because they make a woman look young and therefore more capable of bearing healthy children.

This state of affairs isn't a coincidence. It exists because, throughout human history, the men who happened to be attracted to signs of health, youth, and fertility were more likely to fuck healthy, young, and fertile women, and they were therefore more likely to pass on their fertility-attracted genetics to future generations. The dudes who happened to be attracted to some other set of traits in females ended up having sex with less-fertile women, and their genetics were never passed on – or at least, they were passed on less and less until they died out completely. Likewise, the infertile women (in other words, the unattractive women) – or the women attracted to impotent men – also failed to reproduce, and their genes were similarly drained from the gene pool.

Most of you have probably heard all of this before. What is interesting here isn't so much the evolutionary narrative, it's the corresponding implication: because the weakest and least-attractive genes died out long ago, and the strongest, healthiest, most attractive ones have persisted, the human race is getting perpetually more attractive.

Of course, you don't need the spiel on natural selection to realize this; just look at what we used to look like:



A Neanderthal Woman and Modern Woman
(Image from National Geographic)

Yes, that's right, I am comparing you to cave women. But it is a legitimate comparison because it makes an important point: if you exist on the earth today, it is only because men, collectively, throughout human history, wanted to fuck you. The ones who didn't died off millions of years ago, along with all of the "ugly" genes in both sexes. Everyone left is sexy.

It's like the whole human race has been using Tinder for millions of years, and now we're living in a world populated only by our matches. Except it's even better because our matches didn't just swipe us right because they were bored on the way to work; they actually voted for us by banging our ancestors – there's no ambiguity about what they wanted. And sure, maybe you like some of your matches more than the others, and maybe some of your matches like others more than you; but there is no getting around the fact that your sexual attractiveness (or potential for it) was a prerequisite for your existence in the gene pool.



Don't get me wrong, I am not saying that you are attractive just the way you are. It may well be that you need to lose some serious weight and learn how to dress well in order to make men realize that they want to bang you. But that is a good thing, because it means that you can lose some serious weight and learn how to dress well and men will realize that they want to bang you.

And of course, there will always be "least hot," "hotter" and "hottest." Our minds have evolved to care about that, but the interesting thing is that men's penises have not. I've talked about this with many guy friends many times, and we all agree that, when we are horny, we are willing to fuck about 50 % of women under the age of 60. And this considers even the women who don't make an effort – imagine how high that number would be if everyone did.

Neither am I saying that every woman has an inherent capability to lock down a top-shelf dude. There are a lot of things other than looks that matter in dating and relationships, and there is a lot more to life than getting sexual attention from men. But what I am saying is that every woman who thinks she's "just ugly" or somehow "unfuckable" is flat-out wrong. You are on this earth today because you have the ability to give men a boner. End of story.

This is a pretty important point – important enough that I made it in one of my earliest posts a few years ago. I drew the conclusion then that no girl needs to be below a 5 on the 10-point scale. And I stand by that. To borrow from what I said there:

...the time and effort you put into your appearance will produce results. Do not worry if your gut tells you otherwise; your gut is informed by beauty pageants and "100 Hottest Women" lists, and a thousand other influences that both reinforce and reflect the notion that beauty is a matter of winning the genetic gene pool - i.e. a matter of 'haves' vs. 'have-nots.' This notion is bullshit...no girl needs to be less than a five on the ten scale...If you present yourself well and get in great shape, you will be above average. And for those of you that are naturally about average, the sky's your limit.

I realize this message probably doesn't apply to most of my readers. If you are reading websites like this, you haven't given up hope. You know or at least suspect that there are things you can do to improve the quality and quantity of attention you get from men. So this message isn't necessarily for you. But you probably know other girls who have given up. Maybe you have a friend who thinks she's inherently unattractive or that she's destined to be single her whole life because men don't want to fuck her.

The next time that conversation comes up with her (or even if it doesn't), remind her of what I've said here. Remind her that hope should never be lost. Better yet, remind her that hope should never be necessary. You don't need hope when you're a winner in the genetic Olympics; you just need motivation. And a damn good way for her to get motivated is to recognize the truth: that with a little effort, being sexually attractive is well within her reach.

Related Posts

1. [Feminine Beauty Is Highly Controllable](#)
2. [You Can Control How Attractive You Are](#)
3. [Should You Focus on Your Looks or Personality More?](#)

Amy Young

August 25, 2015 | by Andrew | [Link](#) | [Original Link](#)

I haven't come across many online dating advice resources for women that I consider valuable. You might have noticed that (until today) I didn't follow anyone on Twitter, and you probably notice that I don't have links to other websites anywhere on here. This is because most other dating advice resources for women basically suck. They either give advice that feeds people's need to feel like there are easy solutions, don't say anything insightful, or their authors are clearly more interested in their personal success than putting out quality content. I don't want to undermine my readers' trust for my content by recommending them.

Well, today I stumbled upon* an impressive exception. Her name is Amy Young and she has a YouTube channel and a blog. I haven't watched all of her videos or read all of her articles, but I've seen more than enough to recognize three things that set her apart:

1. **She's smart.** Why this matters is kind of self-explanatory, but I am going to spell it out anyway: it means that she gets down the crux of your issues with men and dating, and she explains them clearly. (And to anticipate the comments: yes, in spite of what you may have inserted between the lines of my posts on the topic, intelligence in women is attractive.)
2. **She's genuine.** She isn't dishing out advice from the "I do everything right and that's why you should listen to me" perspective like many supposed dating gurus. It comes much more from a place of "Yeah, I fucked this up too, but I see now where I went wrong; don't make the same mistake I did." And her advice is all the more trustworthy because of it.
3. **She's not a complainer.** This is by far what sold me the most. People who don't complain are rare. Very, very, rare. And this is all the more true when it comes to talking about the behavior of the opposite sex. Aside from a couple tongue-in-cheek comments, her content is 100% devoid of the hackneyed, indulgent, "girls are good, guys are bad," victim-type undertones that pervade so much of the dating advice out there for women. That absence is a hallmark of someone with strong boundaries, and it demonstrates the kind of mindset you need to attract a quality guy. This is the kind of girl you want to be taking advice from.

Yeah, OK, she starts her videos by saying shit in an weird voice, and she puts gay music in the background of her videos. But you're girls so you probably like that stuff anyway.

I posted some videos below, but go check her out:

<https://www.youtube.com/channel/UCxbz8CzmZFjgKHJ3sbUoa1g>
(link to her YouTube channel)

<http://www.amyyoungcoaching.com/>
(link to her website)

Here's one video that I kept saying "Holy shit, that is so true" to:

How to Reveal A Guy's True Intentions

Here is one that most girls need to hear:

What if All the "Good Guys" are Taken?

And in the vein of my last post (again, so true):

Dudes Lovin Lady Bodies 101

Enjoy.

* Or, to be more accurate, I was recommended her channel by YouTube's apparently effective content match-up algorithms.

The Problem with Denim and Leather

September 1, 2015 | by Andrew | [Link](#) | [Original Link](#)

Several years ago, I got into a discussion about women's clothes with my girlfriend at the time and her friend. The friend mentioned that she had "kind of started to hate polo shirts on girls." I was a bit surprised, so I asked what was motivating her hatred. She replied that they were "just too masculine."

I found that interesting. I'd never even noticed polo shirts as being particularly attractive or unattractive, let alone masculine or feminine; but I could see where she was coming from. After all, some clothes (dresses for example) are more feminine, so it made sense that other types could be more masculine. From that point on, I started paying more attention to how sex-appropriate various types of clothes seemed.

Years later I started reading a website called [Masculine Style](#), which does a great job of teaching men how to dress well. The author explains that the history and evolution of certain clothes is what makes them have the visual effect that they do, making them work (or not) for different men in different situations.



He explains, for example, that heavier knit sweaters are far more rugged and masculine-looking than a thin cashmere cardigan because they were designed for and traditionally used by dock workers and fishermen. Similarly, boat shoes were designed with soles that were soft enough to prevent scratching the decks of yachts, and therefore still hint at wealth and luxury in spite of their casualness. Sturdier materials like denim and leather have histories rooted in farming and manual labor, and so they carry connotations of their industrial origins – which brings me to my point...

For a couple years now, I've realized that I don't like when girls wear denim or leather. If the girl is

good-looking, I will still be somewhat sexually attracted to her, but both the magnitude and type of attraction is significantly different than it would be if the same girl were dressed in lighter, softer materials. And following the train of thought that was inspired by my ex-girlfriend's friend and what I read on Masculine Style, I've started to wonder if my distaste is due to denim and leather being inherently unfeminine materials.

I mean think about it: denim and leather are rough, sturdy materials made to withstand the abuse of hard labor. They were made to protect rugged men doing rugged work. In the same way that we project onto guys who wear heavy-knit sweaters the masculinity of dock workers, it makes sense that we project onto women the connotations of wearing laborer's clothes – whether we do so consciously or unconsciously. And doing so casts a shadow over a woman's femininity. Asking a woman to look attractive in a biker jacket is kind of like asking a man to look attractive in lace.

Now, I realize that anytime you say (or even suggest) that something might be "objectively" masculine or feminine, people get defensive. If there is a scale along which masculinity or femininity can be quantified, people invariably start worrying about where along it they'll be placed. They are afraid of being judged.* But I am going to assume that my readers have learned to be comfortable with themselves, and throw the idea out there anyway – not so much because I am completely convinced by it as to field your opinions. So here is the concept:

Denim and leather (and perhaps other materials besides) are objectively masculine, at least to the same extent that materials like satin or lace are feminine. The current popularity of leather and denim in female fashion is a trend, piggybacked on the popularity of feminism, and it does not reflect the objective attractiveness of the materials themselves. While women can often look attractive in denim or leather, they do so in spite of the materials, not because of them.



Nope. Really.

I've been testing the idea recently by mentally separating the factors of my attraction each time I see a hot girl wearing one of these materials. Certainly when I think about a woman wearing any piece of clothing in either denim or leather, I can always imagine her being sexier in something less rugged. I've never liked jean or leather skirts on girls; and although it is much harder to look objectively at jean pants (because they are so entrenched in current fashion), I find normal cotton way more attractive.

When I suggest to my male friends that leather and denim are unattractive on women – which I've done several times – I rarely get an enthusiastic chorus of agreement. I get, "Yeah I guess I can sort of see what you mean" or "No, man, I love a girl in a jean skirt." But I am pretty sure that these statements ultimately boil down to "I am not observant enough to figure out what turns me on about a woman's wardrobe" and "I love a girl in a skirt."

Again, this isn't a statement about what women should or shouldn't wear (they're your clothes, do whatever the you want), it is merely a statement intended to spark thought about whether your choice of clothes is an authentic expression of your personal taste or the voice of popular culture.

Oh and just for the record, I am OK with polo shirts on girls.

*In this sense, modern Western culture (at least when it comes to gender) is like a school system without testing. Everyone is just kind of learning at their own rate without an objective measurement of anyone's performance. You can imagine how outraged people in such a system would be the first time you were to suggest that there will periodically be these things called “exams” by which students' comprehension will be evaluated. There would be huge resistance. But testing in schools isn't the end of the world. Yeah, there is pressure to perform to a certain level, and the students that do poorly have to acknowledge the fact that they aren't as “smart” as the other students. But it introduces a degree of accountability that cannot otherwise be motivated, and the school system is better off for it.

Related Posts

1. ["Because of" Versus "In Spite Of"](#)
2. [Don't Wear Sneakers](#)
3. [Femininity, Authenticity, and Compatibility](#)
4. [There Is Nothing Modest About Loose Jeans](#)
5. [Be Careful About Wearing Large-Shouldered Tops](#)
6. [Where Is Feminism Taking Us?](#)

Older Women Can Still Be Sexy

September 15, 2015 | by Andrew | [Link](#) | [Original Link](#)

I recently spent a couple weeks in Europe. While there, I noticed something that genuinely surprised me: older European women are sexy. I found myself attracted to women over the age of 35 or even 45 much more frequently than I do in the U.S., where I almost never notice women over the age of 35. In Europe, it was a regular occurrence.

It didn't take me long to realize why. The difference is obvious. My attraction to these women could be almost completely attributed to the following factors:

- They leave their hair long
- They continue wearing form-fitting dresses, often short ones
- They continue wearing heels
- They stay in shape

This was kind of a revelation to me. I'd thought that wrinkles, loose skin, and thinning hair (the most obvious signs of aging) were the main factors reducing a woman's attractiveness. But this simply isn't true. Feeling my neck instinctively turn and my eyes involuntarily drawn to the hips of these European women as they walked by put an end to that idea. Perfect skin and perfect hair simply don't matter that much. My hormones were saying "YES" over and over again to women without either one.

This was a powerful realization for a couple reasons. The first was the simple satisfaction of realizing that it reinforces a couple points I've been making all along: that feminine beauty is highly controllable and that no woman needs to be ugly.

But more importantly, it was powerful because it gave me hope. Yeah that sounds like exaggeration and maybe even a little gay, but it's true. I'd always had this background fear that after getting married and enjoying several years of physical attraction and great sex with my wife, she'd inevitably lose her physical beauty, I'd lose my physical attraction, and sexual fidelity would become a burden. A perpetually satisfying sexual relationship with an aging woman seemed impossible. And given that I never want to cheat on my future wife, that was a pretty disheartening belief. It essentially meant that I had to choose between having a family or a sex life.

I believed this was inevitable because I saw it happening all around me in the United States: the vast majority of women here become unattractive after 35. Physical attraction is by no means everything, but it's pretty damn important. So realizing that I could be legitimately attracted by women over 35 was a huge breath of fresh air. Sure, I'd always known it was possible for women to remain attractive as they age, but in the United States this is a rare exception, and seemingly impossible to predict. In Europe, however, it is the norm. And the fact that almost a whole continent of women can do it proves that it's totally achievable.

But here is the thing: European women don't just happen to wear heels and keep their hair long; it isn't a stroke of genetic luck or some fluke of cultural development. The decision to do those things is rooted in their mindset, in their beliefs. They do these things because as they age, European women continue to think of themselves as sexual beings. They wear dresses and stay in shape because they have zero doubt that they can still be very attractive to the opposite sex - and they are absolutely right.

In the United States, women either don't believe this, or they aren't motivated by American men to do this.* Probably it is some combination of these two factors, but I am skeptical about the importance of the latter, mainly because most European men are pussies, and they still manage to motivate their women to look sexy. Anyway, for the sake of not turning this post into a critique of cultures, I am limiting the discussion to the point about belief - or more specifically, American women's disbelief.

So let's get right to the point: that disbelief is unfounded, because you can totally look sexy to men well into your 50s. The exact same things that make you attractive to men in your 20s continue making you attractive well into your later years; there is no reason to abandon them.

Get rid of this idea that some clothes are "age-inappropriate," or that you have to somehow limit your wardrobe as you get older. The only clothes that are age-inappropriate are those that make women who aren't ready for sex look sexual. If anything, increased age should expand your wardrobe, since you'll be more confident, have stronger boundaries, and therefore be able to pull off sexier looks.

Nope, you don't need more makeup, and you don't need a boob job. Yes, believe it or not, your body is still sexy in spite of the wrinkles and grey hairs. Shit, I don't care if your hair is completely grey. If you are in good shape and you dress in a feminine, sexual manner, you are going to give men erections for a long, long time. The male need for Viagra says just as much about women's unwillingness to think of themselves as sexually desirable beings as it says about the impotence of their men.

Yeah it might be tough to see yourself getting older, especially in light of knowing how much men care about looks. I get that. But it is flat-out wrong and incredibly short-sighted to think that just because you are on a downward slope, the game is over.

Remember this as you age. And for those of you already well past your prime, recognize that it is never too late to reverse your thinking. You can still be sexy; you just need to make an effort and shed these puritanical American ideas. True, you'll be fighting your culture in doing so, and you'll have to learn to come to terms with looks of disapproval from the women who decided that it was acceptable to wear sneakers to the grocery store. But if your personal style is rooted in a firm belief about the kind of woman you want to be, you'll see those criticisms for what they are: comments from women motivated primarily by jealousy and the will to believe they don't have to work.

** Some people might argue that American women stop trying to be sexy because the ones who get married and have children foster a culture that prioritizes raising children over being sexually attractive. This might be true, but it misses the point. The error lies not in American women's efforts*

to be good mothers, but in their belief that this somehow precludes being sexy. There is no reason why women can't do both, as evidenced by European women, who are also great mothers. In fact, this is a topic for another post, but I would argue that you actually can't be a great mother without continuing to think of yourself as a sexual being.

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Your Ex's Birthday Doesn't Matter

January 30, 2016 | by Andrew | [Link](#) | [Original Link](#)

One question I receive from readers frequently goes something like this:

"My boyfriend broke up with me because of X, Y or Z reason. It has been tough, but I've been following your advice, and I haven't contacted him at all since it happened. He texted me a couple times asking how I am, but I didn't reply. The thing is, his birthday is next week. It is OK to send him a message to say 'happy birthday'? I don't want him to think I am rude."

The answer is definitively, absolutely, always, without a question "no."

I don't care that you've decided to "remain friends" or how close you still are. I don't care if he got you a huge present last year and you "feel the need to return the gesture." I don't care if you say "but we just broke up a couple days ago," or that "I always do that kind of thing for people I care about, and I still care about him." And I definitely don't care if you "just think it would be kind of mean not to."

Don't do it.

All of the above are rationalizations - mere excuses for remaining in contact with him, for trying to re-initiate something or seeing if he'll take the opportunity to re-initiate something given the chance. He isn't your boyfriend anymore, and as I explain in my book, he really isn't a friend or acquaintance anymore either. He is an ex, you're single, and as long as you are keeping strings attached to him you aren't attaching new strings to someone else.

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